

FELDENKRAIS METHOD RESEARCH LIST – May 2015

Year	Authors	Title	Publication	Topic	Abstract / Summary
2015	Norman Doidge	Moshe Feldenkrais. Physicist, Black belt and Healer: Healing serious brain problems through mental awareness of movement.	Chapter in 'The Brains Way of Healing; Remarkable Discoveries and Recoveries from the Frontiers of Neuroplasticity', Scribe Books	Neuroplasticity	
2015	J Verrel, E Almagor, F Schumann	Changes in neural resting state activity in primary and higher-order motor areas induced by a short sensorimotor intervention based on the Feldenkrais Method	Frontiers in Human Neuroscience, 28 April 2015 http://dx.doi.org/10.3389/fnhum.2015.00232 This article is part of a series on: Neural mechanisms underlying “movement-based” embodied contemplative practices	Neuroplasticity, Neuroscience	We use functional magnetic resonance imaging to investigate short-term neural effects of a brief sensorimotor intervention adapted from the Feldenkrais method, a movement-based learning method. Twenty-one participants (10 men, 19–30 years) took part in the study. Participants were in a supine position in the scanner with extended legs while an experienced Feldenkrais practitioner used a planar board to touch and apply minimal force to different parts of the sole and toes of their left foot under two experimental conditions. In the local condition, the practitioner explored movement within foot and ankle. In the global condition, the practitioner focused on the connection and support from the foot to the rest of the body. Before (baseline) and after each intervention (post-local, post-global), we measured brain activity during intermittent pushing/releasing with the left leg and during resting state. Independent localizer tasks were used to identify regions of interest (ROI). Brain activity during left-foot pushing did not significantly differ between conditions in sensorimotor areas. Resting state activity (regional homogeneity, ReHo) increased from baseline to post-local in medial right motor cortex, and from baseline to post-global in the left supplementary/cingulate motor area. Contrasting post-global to post-local showed higher ReHo in right lateral motor cortex. ROI analyses showed significant increases in ReHo in pushing-related areas from baseline to both post-local and post-global, and this increase tended to be more pronounced post-local. The results of this exploratory study show that a short, non-intrusive sensorimotor intervention can have short-term effects on spontaneous cortical activity in functionally related brain regions. Increased resting state activity in higher-order motor areas supports the hypothesis that the global intervention engages action-related neural processes.
2015	L Teixeira-Machado, FM Araujo, FA Cunha	Feldenkrais Method- based Exercises improve Quality of Life in Individuals with Parkinson's Disease: a randomised controlled clinical trial	Alternative Therapies in Health and Disease, Vol 21 (1): 8-14	Neurology, Parkinson's Disease	CONTEXT: Longevity results in changes to patterns of health, with an increased prevalence of chronic diseases. Parkinson's disease (PD) is described as a progressive neurodegenerative disease related to age that influences quality of life (QoL) and leads to depression. OBJECTIVE: The study intended to assess changes in QoL and depression in older adults with PD through use of Feldenkrais method-based exercise. DESIGN: The study was a controlled, blinded, and randomized clinical trial. SETTING: The study occurred at the University Hospital of the Federal University of Sergipe in Aracaju, Sergipe, Brazil. PARTICIPANTS: Participants were 30 patients, aged between 50 and 70 y, with idiopathic PD, who signed an informed consent form and were randomly assigned to 2 groups: treatment and control. INTERVENTION: The treatment group underwent 50 sessions of an exercise program based on the Feldenkrais method. The control group received educational lectures during this period. The treatment group's 50 sessions, given 2 x/wk on alternate days and lasting 60 min, were conducted in an appropriate room at the hospital. OUTCOME MEASURES: Two surveys, the Parkinson's Disease Quality of Life (PDQL) questionnaire and the Beck Depression Inventory (BDI), were administered before and after the sessions for both groups. RESULTS: After the exercises based on the Feldenkrais method, the treated group showed improvement in QoL scores (P =.004) as well as a reduction in the level of depression (P =.05) compared with the control group. CONCLUSION: The findings in the current study indicate that it is likely that the practice of a program based on the Feldenkrais method can contribute greatly to the QoL of patients with PD, suggesting the importance of interventions that promote wellness for this population.
2015	Hillier, Susan; Worley, Anthea	The Effectiveness of the Feldenkrais Method: a Systematic Review of the Evidence	Evidence-Based Complementary and Alternative Medicine Vol 2015, Article 752160, 12 pages	Research Review article	The Feldenkrais Method (FM) has broad application in populations interested in improving awareness, health, and ease of function. This review aimed to update the evidence for the benefits of FM, and for which populations. A best practice systematic review protocol was

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2015	Thomas Kampe	'The Art of Making Choices - The Feldenkrais Method as a soma-critique'	Chapter in book: 'Attending to Movement: Somatic Perspectives on Living in this World', edited by Sarah Whatley, Natalie Garrett Brown, and Kirsty Alexander; Triarchy Press	Self-development, Education	devised. Included studies were appraised using the Cochrane risk of bias approach and trial findings analysed individually and collectively where possible. Twenty RCTs were included (an additional 14 to an earlier systematic review). The population, outcome, and findings were highly heterogeneous. However, meta-analyses were able to be performed with 7 studies, finding in favour of the FM for improving balance in ageing populations (e.g., timed up and go test MD -1.14 sec, 95% CI -1.78, -0.49; and functional reach test MD 6.08 cm, 95% CI 3.41, 8.74). Single studies reported significant positive effects for reduced perceived effort and increased comfort, body image perception, and dexterity. Risk of bias was high, thus tempering some results. Considered as a body of evidence, effects seem to be generic, supporting the proposal that FM works on a learning paradigm rather than disease-based mechanisms. Further research is required; however, in the meantime, clinicians and professionals may promote the use of FM in populations interested in efficient physical performance and self-efficacy.
2015	M Kimmel, C Irran, MA Luger	Bodywork as systemic and inter-enactive competence: participatory process management in Feldenkrais® Method and Zen Shiatsu	Frontiers in Psychology January 2015 http://dx.doi.org/10.3389/fpsyg.2014.01424	Somatic education, Psychology, Theory	Feldenkrais and Shiatsu enable somatic learning through continuous tactile coupling, a real-time interpersonal dynamic unfolding in a safe dyadic sphere. The first part of our micro-ethnographic study draws on process vignettes and subjective theories to demonstrate how bodywork is infused with systemic sensitivities and awareness for non-linear process management. Expressed in dynamic systems parlance, both disciplines foster metastability, adaptivity, and self-organization in the client's somato-personal system by progressively reconfiguring systemic dispositions, i.e., an attractor landscape. Doing so requires a keen embodied apperception of hierarchies of somato-systemic order. Bodyworkers learn to explore these in their eigenfunction (joints, muscles, and fascia), discriminate coordinative organization in small ensembles, and monitor large-scale dynamic interplay. The practitioner's "extended body" reaching forth into the client's through a resonance loop eventually becomes part of this. Within a bodywork session, practitioners modulate this hierarchical functional architecture. Their ability for sensorially staying apace of systemic emergence allows them to respond to minute changes and customize reactions in a zone of proximal development (dynamic immediacy). They stimulate the client's system with a mix of perturbing and stabilizing interventions that oscillate between eigenfunctions and their coordinative integration. Practical knowledge for "soft-assembling" non-linear synergies is crucial for this (cumulative local effects, high-level functions "slaving" the system, etc.). The paper's second part inventories the bodyworker's operative tool-box—micro-skills providing the wherewithal for context-intelligent intervention. Practitioners deploy "educated senses" and a repertoire of hands-on techniques (grips, stretches, etc.) against a backdrop of somatic habits (proper posture, muscle activation, gaze patterns, etc.). At this level, our study addresses a host of micro-skills through the lens of enactive cognitive science.
2014	Grant, Stephen	Vocal Pedagogy of the Feldenkrais Method	Chapter in book: Teaching Singing in the 21st Century. Eds: Scott Harrison & Jessica O'Brien, Springer Netherlands	Singing, Performance, Theory	This chapter explores how a vocal pedagogy based on the development of kinaesthetic awareness and movement can enhance the learning experience of vocal students. It will examine how an approach to vocal pedagogy based on the Feldenkrais Method can lead to learning that is more deeply understood in a physical or embodied sense. In doing this, it will look at how the method is taught and how it can form a vital part of an integrated educational approach. It will also attempt to clarify the thinking behind the method and to see how it may offer insights into questions currently being asked about motor learning and its implications for vocal teaching and learning. The chapter will consider how this method may be a useful tool in support of the many different styles of vocal teaching that currently exist, from the most intuitive and traditional to the most scientifically informed. This may be

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					due to the sensory specific nature of the learning undertaken and the context in which it can be understood. The Feldenkrais Method can be used to link traditional and scientific vocal pedagogical approaches to the sensory experiences of singers learning their craft. A basic question the Feldenkrais Method poses is: 'How do I bring my intentions into action'? This question is essential in understanding the perspective that the method provides, and also goes a long way towards answering a question posed by Harding (2007), which asks about how we make the link between vocal technical concepts and physical coordination. Or, more specifically, can we help vocal students to place instructions received in the vocal studio into a sensory context that is meaningful for them?
2014	LO Lundqvist, C Zetterlund, HO Richter	Effects of Feldenkrais Method on Chronic Neck/Scapular Pain in People With Visual Impairment: A Randomized Controlled Trial With One-Year Follow-Up	Archives of Physical Medicine and Rehabilitation. Vol 95, Issue 9, Pages 1656–1661	Musculoskeletal	Objective: To determine whether the Feldenkrais method is an effective intervention for chronic neck/scapular pain in patients with visual impairment. Design: Randomized controlled trial with an untreated control group. Setting: Low vision centre. Participants: Patients (N=61) with visual impairment (mean, 53.3y) and nonspecific chronic (mean, 23.8y) neck/scapular pain. Interventions: Participants were randomly assigned to the Feldenkrais method group (n=30) or untreated control group (n=31). Patients in the treatment group underwent one 2-hour Feldenkrais method session per week for 12 consecutive weeks. Main Outcome Measures: Blind assessment of perceived pain (visual analog scale [VAS]) during physical therapist palpation of the left and right occipital, upper trapezius, and levator scapulae muscle areas; self-assessed degree of pain on the Visual, Musculoskeletal, and Balance Complaints questionnaire; and the Medical Outcomes Study 36-Item Short-Form Health Survey bodily pain scale. Results: Patients undergoing Feldenkrais method reported significantly less pain than the controls according to the VAS and Visual, Musculoskeletal, and Balance Complaints questionnaire ratings at post treatment follow-up and 1-year follow-up. There were no significant differences regarding the Medical Outcomes Study 36-Item Short-Form Health Survey bodily pain scale ratings. Conclusions: Feldenkrais method is an effective intervention for chronic neck/scapular pain in patients with visual impairment.
2014	Pugh, Judith; Williams, Anne	Feldenkrais Method Empowers Adults With Chronic Back Pain	Holistic nursing practice Vol 28 (3)	Musculoskeletal	A phenomenological approach was used to explore the experiences of 11 adults attending Awareness Through Movement® lessons in the Feldenkrais Method to manage chronic-episodic back pain. Semi structured interviews were analysed. The results suggest improving self-efficacy through somatic education and awareness potentially offers a way forward given the back pain epidemic.
2014	Ullmann, Gerhild; Williams, Harriet	Effect of Feldenkrais exercises on dual task postural control in older adults	Clinical Interventions in Aging, 9: 1039–1042.	Balance, Neurology	Letter to the Editor detailing why Ullman's research into the Feldenkrais Method and balance should have been included in a recent review article published in this journal.
2014	PA Buchanan, NL Nelsen	United States Guild Certified Feldenkrais Teachers®: a survey of characteristics and practice patterns	BMC Complementary and Alternative Medicine 2014, 14:217 doi:10.1186/1472-6882-14-217	Practitioner demographics	Background: Feldenkrais Method® teachers help students improve function and quality of life through verbally and manually guided lessons. The reasons people seek Feldenkrais® lessons are poorly understood. Similarly, little is known about practice characteristics and patterns. To address these knowledge gaps, we conducted an extensive survey of United States Guild Certified Feldenkrais Teachers®. Methods: We invited all Feldenkrais Teachers to participate in this survey delivered in web-based or print formats. Results: Overall response rate was 30.5% (392/1287). Ninety percent of responders had college degrees in diverse fields; 12.5% had credentials outside health care, 36.9% held conventional health care licenses, and 23.1% had complementary and alternative medicine credentials. Mean age was 55.7 years; most teachers were women (83%). California (n = 100) and New York (n = 34) had the most teachers. The primary reason students sought Feldenkrais lessons was pain. A quarter of students self-referred, a fifth were referred by conventional health care providers, and two-thirds paid for services directly. Conclusions: Most Feldenkrais Teachers were well educated, often held additional credentials, were located in the West, were women, were older than 50 years, and had part-time practices. Most students were women, were adults, came from various referral sources, and paid directly for services. Teachers and students utilized the Feldenkrais Method in diverse

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2014	Hargrove, Todd	A Guide to Better Movement: the science and practice of moving with more skill and less pain.	Book, published by Better Movement, USA	Pain, Neuroscience	This book by a Feldenkrais Practitioner offers a clear and practical look at emerging science related to the brain's role in movement and pain.
2014	G. Nambi, P. S. Trivedi, S. M. Momin, S. Patel, and D. P. Pancholi	Comparative effect of Pilates and Feldenkrais intervention on functional balance and quality of life in ambulatory geriatric population: a randomized controlled study	International Journal of Health Sciences and Research, vol. 4, no. 3, pp. 71–77, 2014	Balance, Ageing	Background: Approximately 35%-40% of adults who are above 65 fall at least once in a year. The reasons for it may be declines in sensory and motor function and integration leading to poor balance and falls. Therefore, preventive measures for falls and falls-related injuries in elderly individuals are of critical importance. Therefore the purpose of the study is to compare the effectiveness of two approaches such as Pilates intervention (PI) and Feldenkrais Intervention (FI) in improving functional balance and quality of life (QOL) in ambulatory geriatrics. Material & Methodology: Total 60 Ambulatory geriatrics subjects were selected and randomly allocated into three groups (Pilates intervention-PI; Feldenkrais intervention-FI and Control). Each group had 20 subjects in it. All the groups completed 6 weeks of intervention. Functional reach test (FRT), Timed up and go test (TUG), Dynamic gait index (DGI) for functional balance and RAND-36 for Quality of life is measured at baseline and After 6 weeks of training. Results: The 6 weeks of PI & FI protocol resulted in significant improvement of functional balance (FRT, TUG & DGI: p=0.000) and QOL (RAND-36: p=0.000) in elderly individuals which was not evident in the control group. However PI was found to be more clinically effective compared to FI in all outcome scores. Conclusions: Both Pilates and Feldenkrais are effective in improving functional balance and decreasing propensity to fall in ambulatory geriatrics thereby improving QOL. However, Pilates Intervention was found to be superior to Feldenkrais Intervention to improve functional QOL among ambulatory geriatrics.
2013	L Loke, GP Khut, M Slattery, C Truman	Re-sensitising the body: interactive art and the Feldenkrais method	International Journal of Arts and Technology, Vol 6, Issue 4. DOI: 10.1504/IJART.2013.058283	Art	This article describes interdisciplinary research undertaken by a group of artists, designers, curators and somatic bodywork practitioners to explore a human-centred approach to the potential of touch, movement, balance and proprioception as modalities for interactive art. Somatic bodywork methodologies such as the Feldenkrais method provide highly developed frameworks for attending to these very phenomena. Re-sensitising the body through somatic investigations allowed us as makers of body-focussed interactive art to translate the subtle shifts in attention and nuances of felt sensation into the audience experience of sensor-based interactive artworks. We describe the results of a yearlong project through our experience of the making of one specific experimental artwork, surging verticality. We reflect on the conditions for audience engagement and the profound connections we experienced between Feldenkrais somatic bodywork and art practice as modes of enquiry into the world
2013	Webb, Robert; Lizama, Luis; Galea, Mary	Moving with Ease: Feldenkrais Method for people with osteoarthritis	Evidence Based Complementary and Alternative Medicine Volume 2013, Article ID 479142, 12 pages, http://dx.doi.org/10.1155/2013/479142	Musculoskeletal	The objective of the study was to investigate the effects of Feldenkrais Method classes on gait, balance, function, and pain in people with osteoarthritis. 15 participants (with a mean age of 67) participated in two classes a week for 30 weeks. A number of outcome measures were used, including the Western Ontario and McMaster Universities osteoarthritis scale, Human Activity Profile, stair climbing test, 6-minute walk test, timed up-and-go test, Four Square Step Test (4SST), gait analysis, and assessment of quality of life (AQoL). Participants reported a greater ease of movement and improved on the 4SST and on some gait parameters.
2013	Kathryn Goldman Shuyler	From the Ground Up: Revisioning Sources and Methods of Leadership Development	Chapter in book: 'The Embodiment of Leadership', Edited by Lois Melina. Josssey Bass	Leadership	
2013	Sobie, Timothy	Body Schema and Feldenkrais: effects on subjects with low back pain.	Global Adv Health Med. 2013;2(Suppl):P03.03- (conference poster)	Musculoskeletal, Body Schema	40 people with low back pain attended sessions which were not directed specifically at the painful areas, but involved global body movements. Back pain diminished and body schema perception was changed in the participants.

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2013	A Ramli, JH Leonard, R Harun	Preliminary evidence on the Feldenkrais Method as an alternative therapy for patients with chronic obstructive pulmonary disease	Focus on Complementary and Alternative Therapies. Vol 18 (3): 126-132	Cardiorespiratory	Background: The Feldenkrais Method (FM) is an alternative therapy used by patients with chronic obstructive pulmonary disease (COPD). However, evidence of the effectiveness of the FM among persons with COPD is lacking. Objective: To investigate the impact of the FM in patients with COPD. Methods: An observational pilot study was conducted in 11 COPD patients attending a university teaching hospital. The FM was administered for a period of 8 weeks. The 6-min walking test (6MWT) was used to measure functional capacity; forced expiratory volume in 1-s, predicted percent (FEV1 pred %) was used to evaluate lung function, and the Health-Related Quality of Life questionnaire was used to measure QoL before and after the intervention. Results: Paired t-tests showed significant improvements in 6MWT from baseline to 8 weeks post-FM [P=0.01, t=-4.869, difference (Df)=10, 95% confidence interval (CI): -113.9, 42.4] with a large effect size (d=0.72). Similarly, there was a significant improvement in the FEV1 pred % (P=0.01, t=6.278, Df=10, 95% CI: 17.9, -37.6) with a large effect size (d=-2.0). Conclusion: The FM improved functional capacity and lung function among patients with COPD.
2012	Fortin, Sylve; Vanasse, Chantal	The Feldenkrais Method and Women with Eating Disorders	Journal of Dance & Somatic Practices, Volume 3, Numbers 1-2, 27 April 2012 , pp. 127-143(17)	Eating Disorders	In this article, we present an action research project conducted over 21 weeks with seven women suffering from eating disorders for an average of 34 years. The aim was to (1) describe the women's experiences of Feldenkrais classes via a variety of qualitative data collection methods and (2) to identify any possible relationships between changes of their body awareness and their eating disorders. A thematic analysis inspired by grounded theory showed that the action research using the Feldenkrais Method of somatic education demonstrated a potential for helping the participants to consciously challenge dominant social discourse by engendering concrete changes in the way they perceived themselves. They reported being able to occasionally change their daily activities and various eating habits, thus revealing transfer of learning from the Feldenkrais classes to their daily lives.
2012	Baniel, Anat	Kids Beyond Limits	Book, published by Penguin, New York	Children, Neuroscience	In this book, Anat Baniel describes her work with children with special needs to maximise their potential. She credits Dr Moshe Feldenkrais as her teacher. There are 15 pages of references at the back of the book, linking her work to supporting research.
2012	Urbansky, K	Overcoming Performance Anxiety: A Systematic Review of the Benefits of Yoga, Alexander Technique, and the Feldenkrais Method	Honours Thesis, Music, Ohio University	Performance, Music	A series of four performances were completed and before taking the stage each time, the performer engaged in one of three physical relaxation techniques. The non-medicinal techniques used for the research were Yoga, Alexander Technique, and the Feldenkrais Method. It was hypothesized that these three methods would improve performance and would reduce symptoms of anxiety as experienced by the performer. It was further hypothesized that the performer would experience improvement in muscle tension, breathing, musical ability, and overall performance. Various forms of data were compiled in this research, including readings with electromyography technology, recordings of public performances, professor feedback, and performer experiences that were written in a journal. During the course of this study, the researcher observed that the physical methods evaluated were effective in overcoming performance anxiety in regards to the playing of wind instruments.
2012	Smyth, Cliffe	The Contribution of the Feldenkrais Method to Mind Body Medicine	Masters Thesis, Saybrook University, California	Mind Body Medicine, Theory	
2012	Butler, Connie	Integration of the Feldenkrais Method(TM) into the Life and Practice of USA a Select Number of Physical Therapists	Masters Thesis, Union Institute and University, USA	Theory	This qualitative study utilized a phenomenological methodology to investigate the experience of integrating the Feldenkrais Method into the life and practice of seven physical therapists, trained first in physical therapy, and later as Feldenkrais practitioners. A pilot study was conducted, using in-depth, face-to-face, structured interviews and a convenience sample of three dual-trained physical therapists/Feldenkrais practitioners (named dual-trained therapists for the study). Interviews were audio taped, videotaped, or both, depending on the participant's preference, and conducted in the participant's home or office. Results indicated five transitional stages, eight themes, and 41 invariant qualities as

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2012	Buchanan, Patricia	The Feldenkrais Method of Somatic Education	Chapter in book: A Compendium of Essays on Alternative Therapy, Editor Arup Bhattacharya	Description of the Feldenkrais Method	In this chapter Buchanan describes the origins of the Feldenkrais Method and how it is practised. She also provides an overview of research into the Method.
2011	Plastaras, C; Schran, S; Kim, N; Sorosky, S; Darr D; Chen M; Landry R	Complementary and alternative treatment for neck pain: chiropractic, acupuncture, massage, yoga, tai chi and Feldenkrais.	Physical Medicine and Rehabilitation Clinics of North America: Management of Neck Pain (2011) Vol 22 (3): 521-37	Musculoskeletal	Extract: The Feldenkrais Method of somatic education offers a clinical tool to help alleviate neck pain and to restore natural function.... Feldenkrais may be used for headaches, cervicalgia, post laminectomy symptoms, degenerative disc disease, thoracic outlet syndrome, postural mal-alignment, hyperlordosis and flat cervical spine.....
2011	Bitter, F; Hillier, Susan; Civetta, L	Change in dexterity with sensory awareness training: a randomised control trial	Perceptual & Motor Skills (2011) Vol 112 (3): 783-798	Neurology	The role of sensory awareness in movement control is receiving increasing interest in sports and clinical literature as a feed-forward and feedback mechanism. The aim of the study was to assess the feasibility and effect of training in sensory awareness on dexterity in healthy adults. 29 healthy students were randomly allocated to a single-group, sensory awareness lesson with the dominant hand, the same lesson with the non-dominant hand, or to a sham control group. Dexterity measures included the Purdue Pegboard Test, a grip-lift manipulation, and perceived changes using a questionnaire. The sensory awareness lesson with the dominant hand produced a statistically significant improvement in mean dexterity compared to the control group, but not between the other two pairs of groups. The sensory awareness training paradigm is feasible and a single session improved dexterity in healthy adults.
2011	Thomas Kampe	Recreating histories: transdisciplinary and transcultural perspectives on performance making.	The Dybbuk, Choreography. www.papersearch.com 253-75	Theatre, Dance, Performance	This article discussed potentials and resonances of the application of the Feldenkrais Method, a somatic movement education practice, within the context of the performance making. Questions regarding transdisciplinarity arise through the application of such methodology within a collaborative creative process, where dance-, theatre-, and educational discourses are critically applied through lived, embodied practice.
2011	Edinburgh Campbell	Developing decision-making skills for performance through the practice of mindfulness in somatic training	Theatre, Dance and Performance Training (2011) Vol 2 (1):	Theatre, Dance, Performance	Decision-making is a fundamental part of the actor's work. Actors must choose how to present a character, how to tell a story, and how to communicate with an audience. This article examines how certain somatic practices used in actor training can improve processes of decision-making through the development of mindfulness. Through examining the way in which the psychologist Ellen Langer correlates increased mindfulness with a clearer sense of the available options during decision-making, the article shows the relationship between Langer's experimental studies and the practices developed by the somatic practitioners Moshe Feldenkrais (developer of the Feldenkrais Method) and Minoru Inaba (Aikido master). In conclusion, the article suggests that somatic practices and physical training should not merely be seen as tools to improve physical technique, but as valuable processes for improving the actor's embodied sense of self during decision-making.
2011	Connors, Karol; Pile, Carolyn; Nichols, Margo	Does the Feldenkrais Method make a difference? An investigation into the use of outcome measurement tools for evaluating changes in clients.	Journal of Bodywork and Movement Therapies 2011, Vol 15 (4): 446-52	Outcome measures, Musculoskeletal	Evidence-based practice confirms the need for outcome measures to establish the effects of health interventions. Feldenkrais Method practitioners struggle to use such tools because of the broad scope of the Feldenkrais Method and the difficulty identifying suitable measurement tools. A pre/post test design was used to investigate the use of three outcome measurement tools [Patient-specific Functional Scale (PSFS), Pain Outcome Profile (POP) and Short Form12v2 Health questionnaire (SF12v2)] for clients experiencing problems

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2010	Ullmann, Gerhild; Williams, Harriet; Hussey, James; Durstine, J; McClenaghan, Bruce	Effects of Feldenkrais Exercises on balance, mobility, balance confidence and gait performance in community-dwelling adults age 65 and older.	The Journal of Alternative and Complementary Medicine 16:97-105	Balance	Background: Falls and fall-related injuries are a major public health concern, a financial challenge for health care providers, and critical issues for older adults. Poor balance and limited mobility are major risk factors for falls. Objective: The purpose of this study was to examine effects of Feldenkrais exercises in improving balance, mobility, and balance confidence in older adults. Methods: Participants (N = 47, mean age 75.6) were randomly assigned to a Feldenkrais group (FG, n = 25) or to a control group (CG, n = 22). The FG group attended a 5-week Feldenkrais program, 60 minutes three times per week, while the CG group was a waitlist control. The outcome measures were balance (tandem stance), mobility (Timed Up and Go), gait characteristics (GAITRite Walkway System), balance confidence (Balance Confidence Scale; ABC), and fear of falling (Falls Efficacy Scale). Pre- and post-tests were conducted. Results: After completion of the program, balance (p = 0.030) and mobility (p = 0.042) increased while fear of falling (p = 0.042) decreased significantly for the FG group. No other significant changes were observed. However, participants of the FG group showed improvements in balance confidence (p = 0.054) and mobility while performing concurrently a cognitive task (p = 0.067). Conclusions: These results indicate that Feldenkrais exercises are an effective way to improve balance and mobility, and thus offer an alternative method to help offset age-related declines in mobility and reduce the risk of falling among community-dwelling older adults. A long-term follow-up study of balance and mobility is warranted. Further research is needed to identify whether Feldenkrais exercises may impact cognitive processes.
2010	Schuyler, Kathryn	Increasing leadership integrity through mind training and embodied learning	Consulting Psychology Journal: practice and research 62(1): 32-38	Psychology	
2010	Buchanan, Patricia	A preliminary survey of practice patterns of United States Guild-certified Feldenkrais practitioners	BMC Complementary and Alternative Medicine 2010 10:12 Doi: 10.1186/1472-6882-10-12	Feldenkrais Practice	The purpose of this study was to determine an overview of the characteristics of Feldenkrais Practitioners in the United States of America.
2009	Vrantsidis, F; Hill, K; Mooree, K; Webb,R; Hunt, S; Dowson, L	Getting Grounded Gracefully: effectiveness and acceptability of Feldenkrais in improving balance.	Journal of Aging and Physical Activity 17 (1): 57-76	Balance	The Getting Grounded Gracefully program, based on the Awareness Through Movement lessons of the Feldenkrais Method, was designed to improve balance and function in older people. Fifty-five participants (mean age 75, 85% female) were randomised to the intervention (twice weekly group classes over 8 weeks) or the control group (continued with their usual activity) after being assessed at baseline, then reassessed eight weeks later. Significant improvement was identified for the intervention group relative to the control group using ANOVA between groups repeated measures analysis for the Modified Falls Efficacy Scale score (p = 0.003) and gait speed (p = 0.028), and a strong trend evident in the Timed Up and Go (p = 0.056). High class attendance (88%) and survey feedback indicate that the program was viewed positively by participants and may therefore be acceptable to other older people. Further investigation of the Getting Grounded Gracefully program is warranted.
2009	Connors, Karol; Campbell, Lisa & Svendsen, Diana	The Feldenkrais Method (Chapter 25), In "Headache, Orofacial Pain and Bruxism: diagnosis and multidisciplinary approaches to management", (Book) P Selvaratnam (Editor)	Churchill Livingstone, 2010	Musculoskeletal	
2007	Stephens, Jim	Future Directions for Research on the Feldenkrais Method	IFF Academy Feldenkrais Research Journal 3	Research	
2007	Barrows, Stacey	Future Directions for Research on the Feldenkrais Method	IFF Academy Feldenkrais Research Journal 3	Research	
2007	Baniel, Anat	A revolutionary approach for transforming the lives of children with special needs.	Massage & Bodywork, December/ January 2007, 68-75	Children	

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2006	Alexander, A	Perceived pain and disability decreases after Feldenkrais' Awareness Through Movement.	Masters Thesis. Cal State, Northridge	Pain	
2006	Joyce, Ann	Individuals with dementia learn new habits and are empowered through the Feldenkrais method..	Alzheimer's Care Quarterly, 7(4), 278-286	Dementia	
2006	Stephens, J., Davidson, J., Derosa, J., Kriz, M., & Saltzman, N	Lengthening the hamstring muscles without stretching using "awareness through movement".	Physical Therapy, 86(12), 1641-1650.	Stretching	<i>BACKGROUND AND PURPOSE: Passive stretching is widely used to increase muscle flexibility, but it has been shown that this process does not produce long-term changes in the viscoelastic properties of muscle as originally thought. The authors tested a method of lengthening hamstring muscles called "Awareness Through Movement" (ATM) that does not use passive stretching. SUBJECTS: Thirty-three subjects who were randomly assigned to ATM and control groups met the screening criteria and completed the intervention phase of the study. METHODS: The ATM group went through a process of learning complex active movements designed to increase length in the hamstring muscles. Hamstring muscle length was measured before and after intervention using the Active Knee Extension Test. RESULTS: The ATM group gained significantly more hamstring muscle length (+7.04 degrees) compared with the control group (+1.15 degrees). DISCUSSION AND CONCLUSION:: The results suggest that muscle length can be increased through a process of active movement that does not involve stretching. Further research is needed to investigate this finding</i>
2006	Shusterman, Richard	Thinking through the body: educating for the humanities.	Journal of Aesthetic Education, 40(1), 1-21.	Education	Deploys Feldenkrais notions to argue for the value of enhanced somatic awareness for performance in the arts and the humanities, and relating Feldenkrais work to the field of somaesthetics.
2005	Batson, Glenna & Deutsch, Judith E.	Effects of Feldenkrais Awareness Through Movement on balance in adults with chronic neurological deficits following stroke: A preliminary study.	Complementary Health Practice Review, 10 (3), 203-210. http://chp.sagepub.com/cgi/content/abstract/10/3/203	Balance	The Feldenkrais Method is a complementary approach to motor learning that purports to induce change in chronic motor behaviours. This preliminary study describes the effects of a Feldenkrais program on balance and quality of life in individuals with chronic neurological deficits following stroke. Two male (48 and 53 years old) and 2 female participants (61 and 62 years old), 1 to 2.5 years post stroke, participated as a group in a 6-week Feldenkrais program. Pretest and posttest evaluations of the Berg Balance Scale (BBS), the Dynamic Gait Index (DGI), and the Stroke Impact Scale (SIS) were administered. Data were analyzed using a Wilcoxon signed-rank test. DGI and BBS scores improved an average of 55.2% (p=.033) and 11% (p=.034), respectively. SIS percentage recovery improved 35%. Findings suggest that gains in functional mobility are possible for individuals with chronic stroke using Feldenkrais movement therapy in a group setting.
2005	Nair DG, Fuchs A, Burkart S, Steinberg FL, Kelso JA.	Assessing recovery in middle cerebral artery stroke using functional MRI.	Brain Inj. Dec;19(13):1165-76.	Neurology	PRIMARY OBJECTIVE: To understand the temporal evolution of brain reorganization during recovery from stroke. RESEARCH DESIGN: A patient who suffered left middle cerebral artery stroke 9 months earlier was studied on three occasions, approximately 1 month apart. This patient received interventions based on Feldenkrais Method twice a week for 8 weeks. METHODS AND PROCEDURES: Brain activation was studied using functional Magnetic Resonance Imaging (fMRI). During each session, the patient performed a finger-to-thumb opposition task, which involved one bimanual and two unimanual conditions. Each condition consisted of overt movement of fingers and imagery of the same task. RESULTS: With recovery, greater recruitment was observed of the affected primary motor cortex (M1) and a decrease in activation of the unaffected M1 and supplementary motor area. In addition, the widespread activation of brain areas seen during the initial session changed to a more focused pattern of activation as the patient recovered. Imagery tasks resulted in similar brain activity as overt execution pointing to imagery as a potential tool for rehabilitation.
2005	Guimond, Odette	"Who's there? / Who goes there?" Point of view of the Feldenkrais method of somatic education.	IFF Academy Feldenkrais Research Journal, 2.	Performance, Body Awareness / Self Image	Referring to seminal texts and influential authors in the field of biology of cognition, the author discusses connections between mind and body, insisting on the critical role of the body in the acquisition of knowledge viewed as biological phenomena. She reviews in that

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					context the principles of the Feldenkrais method of somatic education whose goal is essentially to restore the integrity and unity of sensorial, affective and intellectual levels of the self. This approach designed to enhance body awareness and consolidate body image through sequences of movements and functional integration is said to be most beneficial to actors and artists in their search for creativity but it may benefit as well individuals who seek improvement of their health and personal growth. http://www.iffresearchjournal.org/quimondenglish.htm
2005	Gard, G.	Body awareness therapy for patients with fibromyalgia and chronic pain.	DISABILITY AND REHABILITATION, 27(12), 725-728.	Body Awareness / Self Image	There are several therapies designed to increase body awareness. They are commonly known as body awareness therapies (BAT) and include Basic BAT, Mensendieck and Feldenkrais therapy. A focus on emotions is important in all these therapies. In this article the aim and development of Basic BAT is described together with evaluations of treatments including Basic BAT. Multidisciplinary studies have shown that Basic BAT can increase health-related quality of life and cost-effectiveness. However Basic BAT needs to be further studied in relation to patients with fibromyalgia (FM) and chronic pain. Studies so far indicate that Basic BAT has positive effects
2005	Mehling, W.E., DiBlasi, Z., & Hecht, F.	Bias control in trials of bodywork: A review of methodological issues.	Journal of Alternative and Complementary Medicine, 11(2), 333-342.	Research	Objective: To review and summarize the methodological challenges in clinical trials of bodywork or hands-on mind-body therapies such as Feldenkrais Method, Alexander Technique, Trager Work, Eutony, Body Awareness Therapy, Breath Therapy, and Roling, and to discuss ways these challenges can be addressed. Design: Review and commentary. Methods: Search of databases PubMed and EMBASE and screening of bibliographies. Published clinical studies were included if they used individual hands-on approaches and a focus on body awareness, and were not based on technical devices. Results: Of the 53 studies identified, 20 fulfilled inclusion criteria. No studies blinded subject to the treatment being given, but 5 used an alternative treatment and blinded participants to differential investigator expectations of efficacy. No study used a credible placebo intervention. No studies reported measures of patient expectations. Patient expectations have been measured in studies of other modalities but not of hands-on mind-body therapies. Options are presented for minimizing investigator and therapist bias and bias from differential patient expectations, and for maintaining some control for non-specific treatment effects. Practical issues with recruitment and attrition resulting from volunteer bias are addressed. Conclusions: Rigorous clinical trials of hands-on complementary and alternative therapy interventions are scarce, needed, and feasible. Difficulties with blinding, placebo, and recruitment can be systematically addressed by various methods that minimize the respective biases. The methods suggested here may enhance the rigor of further explanatory trials.
2005	Stephens, James, Pendergast, Christopher, Roller, Beth Ann, & Weiskittel, Robert Scott.	Learning to improve mobility and quality of life in a well elderly population: the benefits of awareness through movement.	IFF Academy Feldenkrais Research Journal, 2. From: http://www.iffresearchjournal.org/stephens2005.htm	Balance and Mobility	Objectives: This study tested the hypothesis that an alternative movement learning method, Awareness Through Movement, would produce improvements in coordination, mobility, economy of movement and quality of life in older adults. Methods: A group of 31 older adults was studied using a prospective, repeated measures control group design. The SF-36 was used to assess health status - quality of life. Video motion analysis was used to collect data on walking and on a floor to stand transfer movement. Results: Coordination of the transfer movement improved significantly in the experimental group. Vitality and mental health scores also improved significantly in this group. Interesting differences between young-old and old-old changes were observed. Conclusions: Awareness Through Movement may be an additional effective method for pursuing the objectives of Healthy People 2010.
2005	Eisenberg, R., Chavez, C., Cuevas, V., Gutierrez, J., Rosas, S. & y	Psycho-corporal recovery as the essence of environmental values training.	IFF Academy Feldenkrais Research Journal, 2. http://www.iffresearchjournal.org/eisenbergengish.htm		

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	LandÄjzuri, A.M.				
2005	Guimond, Odette	Qui va lÄ? Point de vue de la mÄthode Feldenkrais d'Äducation somatique.	IFF Academy Feldenkrais Research Journal, 2. Article publiÄ à l'origine dans PRISME, Psychiatrie, recherche et intervention en santÄ mentale de l'enfant, no 37 (Corps Culture IdentitÄ), MontrÄal, Hôpital Sainte-Justine, 2002, pp.98-106. ISBN: 2-922770-34-06; ISSN:17-1-7599	Body Awareness / Self Image, Performance	Referring to seminal texts and influential authors in the field of biology of cognition, the author discusses connections between mind and body, insisting on the critical role of the body in the acquisition of knowledge viewed as biological phenomena. She reviews in that context the principles of the Feldenkrais method of somatic education whose goal is essentially to restore the integrity and unity of sensorial, affective and intellectual levels of the self. This approach designed to enhance body awareness and consolidate body image through sequences of movements and functional integration is said to be most beneficial to actors and artists in their search for creativity but it may benefit as well individuals who seek improvement of their health and personal growth.
2005	Ernst E., & Canter P.	The Feldenkrais Method - A systematic review of randomised clinical trials.	PHYSIKALISCHE MEDIZIN REHABILITATIONSMEDIZIN KURORTMEDIZIN, 15 (3), 151-156.	Research	Objective: The Feldenkrais Method (FM) is being promoted for a range of medical conditions. This article is aimed at summarising and critically evaluating the results of randomised controlled trials of FM. Design: Systematic review; literature searches were carried out in 7 electronic databases. All randomised controlled trials of FM were included regardless of indication. No language restrictions were applied. The data were extracted and valued by two independent reviewers. The methodological quality of the primary studies was assessed with the Jadad score. Setting: Academic centre, UK. Participants: All human volunteers participating in trials. Interventions: Not applicable. Results: Six studies met our inclusion criteria. They were all burdened with significant methodological weaknesses. The indications included multiple sclerosis, neck/shoulder problems and chronic back pain. All but one trial reported positive results. Conclusion: The evidence for the FM is encouraging but, due to the paucity and low quality of studies, by no means compelling.
2005	Shusterman, Richard, William James,	Somatic introspection, and care of the self.	Philosophical Forum, 36, 429-450.	Body Awareness / Self Image, Philosophy	A discussion of the perceptual principles underlying the methodology and tactical techniques of the body scan and the use of enhanced awareness in self-knowledge and self-care. The discussion emerges through a critical analysis of the theories of William James's influential theories of consciousness.
2004	Hanley, F	The Dynamic Body Image And The Moving Body: A Theoretical And Empirical Investigation	Submitted in fulfilment of the requirements for the degree of Doctor of Philosophy, School of Psychology, Faculty of Arts. Victoria University.	Body Awareness/ Self Image	A Feldenkrais practitioner explores concepts of body image in this thesis.
2004	Jain S. Janssen K. DeCelle S.	Alexander technique and Feldenkrais Method®: a critical overview.	Physical Medicine & Rehabilitation Clinics of North America. 15(4):811-25, vi, 2004 Nov.	Comparison with Alexander technique	This article develops an overall better understanding of the Alexander technique and Feldenkrais method. Initially, a brief history is provided to lay the groundwork for the development of these techniques. A description of the techniques, training requirements, and mechanism of action follows. Indications, contraindications, and patient selection are discussed. This article reviews and identifies what research has been completed and what areas need further investigation. Overall, the goal is to establish a guide to aid in determining who may benefit from these techniques and outcomes to expect when using these techniques.
2004	Burkhardt SL, Nair DG, Burkhardt BA et al.	Assessing recovery of hand function from stroke using the Feldenkrais Method: the case of Norman. .	Poster presented at the Feldenkrais Annual Research Forum, Seattle WA,	Neurology	
2004	Connors K and Grenough P.	Redevelopment of the Sense of Self following Stroke, using the Feldenkrais Method.	Poster presented at the Feldenkrais Annual Research Forum, Seattle WA	Neurology	
2004	Bruce, F.M.	Making sense in movement: the dynamics of self-learning and self-change. Thesis (Ph.D.)	[Microform Thesis or Dissertation] Kinesiology Publications, University of Oregon Eugene, OR, 2004	Dynamic systems theory,	The purpose of this study is to explore the relationship between self-generated movement and processes of self-learning and self-change. It is hypothesized that: 1) Moving is a primary mode of interacting with a world that we construct through our interactions; 2) self-moving is a way of knowing, which structures both the knowing self and the perception of

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2004	Junker J. Oberwittler C. Jackson D. Berger K	Utilization and perceived effectiveness of complementary and alternative medicine in patients with dystonia.	Movement Disorders. 19(2):158-61, 2004 Feb. Neurology		<p>personal reality; 3) self-change is a process of self-learning which changes the ways in which the self perceives and interacts with personal reality, the nature of which reality changes in a mutually causal relationship with processes of self-change. This study is a philosophical inquiry in narrative form, informed by my experience as a dancer and a practitioner of The Feldenkrais Method of Somatic Education. Dynamical Systems Theory is employed as a concept-generating metaphor, by means of which personal experience is interwoven with theoretical approaches to cognition as embodied and environmentally embedded. A conceptual structure is developed in which the cognizing self, as a dynamical system, is defined as an environmentally dependent self-organizing, complex of structural change, absent any central controller. The cognitive domain encompasses all the possible functional interactions, where function is taken to comprise moving, sensing, feeling, and thinking. The integrated nature of function stipulates that: 1) Each component of function represents and postulates the others and functions as a whole; 2) all human actions, including processes of abstract thought, are accompanied by distinct patterns of muscular activity. Thus, a change in habitual patterns of movement is reflected in a change in habitual patterns of function, and a change in any other aspect of function is reflected in changes in patterns of movement. The implications for processes of learning and change are discussed, together with potential pedagogical applications.</p> <p><i>The use of complementary and alternative medicine (CAM) is increasing worldwide, especially by patients with chronic diseases. To date, no data are available about utilization and perceived effectiveness of CAM in patients with dystonia. 180 members of the German Dystonia Society, a patient advocate group, completed a questionnaire survey on utilization and costs of CAM. In total, 131 dystonia patients (73%) were current or former users of CAM, 55 patients used CAM in addition to botulinum toxin A injections, and 86 patients had experience with three or more CAM methods. The options used most widely were acupuncture (56%), relaxation techniques (44%), homeopathy (27%), and massages (26%). Among users of specific CAM methods, breathing therapy, Feldenkrais, massages, and relaxation techniques were perceived as most effective. On average, patients spent 1,513 Euro on CAM without reimbursement. There was no correlation between costs and perceived effectiveness of different methods. In line with other studies on chronically ill patients, our results show that dystonia patients frequently utilize CAM methods, often in addition to conventional treatment. There is a growing need to evaluate scientifically the effect of CAM methods on symptom severity and quality of life in dystonia, to prevent utilization of costly and ineffective CAM treatments.</i></p>
2004	Theuring, Carolin	Beginners' guide to science.	IFF Academy Feldenkrais Research Journal, 1 http://www.iffresearchjournal.org/theuringeng.htm	Research	<p>The idea for this beginners guide came to my mind during a meeting in Munich, Germany, initiated and sponsored by Roger Russell, Ulla Schläfke and Prof. Klaus Schneider in July 2003, where two university professors, Beatrix Vereijken from Norway and Klaus Schneider from Germany, sat down with something like 40 Feldenkrais practitioners to collect ideas for research projects in connection with the Feldenkrais method. So we were discussing and working and everybody was very motivated, but at one point we got suddenly stuck. In this situation it occurred to me that full-time researchers don't know how the ordinary (Feldenkrais) person thinks and the ordinary (Feldenkrais) person has no idea of the thinking of a scientist. To create a little bit more understanding for the Feldenkrais people in this project I pulled out all my notes and books from my research method classes and tried to give a little introduction to them, to facilitate the dialogue with the scientific world we are facing. Now with the IFF Academy Research Journal we again move a little bit forward on this road with collecting and presenting a lot of thoughts and studies about the Feldenkrais Method. It seems to be the right place for this beginners guide to science again, to introduce to basic concepts lying behind the studies.</p>

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2004	Stephens, J., & Miller, T.H.	Feldenkrais Method: Learning to move through your life with grace and ease. (Or optimizing your potential for living.)	In C. Davis (Ed.): Complimentary Therapies in Rehabilitation: Evidence for Efficacy, Prevention and Wellness. Slack Publishers.	Wellness	Review chapter that includes discussion of cases in which Awareness Through Movement and Functional Integration were used. Review of research available through 2003.
2004	Stephens, J	Evaluating research on the Feldenkrais method from the outside. Some observations and suggestions.	IFF Academy Research Journal, 1. http://www.iffresearchjournal.org/stephenseng.htm	Research	As we debate the process and usefulness of research within our ranks, people are looking at us from the outside to try to evaluate the effectiveness of what we are doing in achieving the claims that we make. One of the ways we communicate our work is through the sharing of personal experience. Another way is the presentation of formal research that documents the outcomes of our work and suggests the context within which in may be most effective. This article will review some of the criteria that people use when they look at our work from the outside and discuss some of the conclusions about research on Feldenkrais Method based on those criteria. We have made a good start in addressing the outcomes of the work that we do but we have a long way to go to address the full range of the work that we do. Suggestions are made at the end for some next possible steps along the path of improving the research we do.
2004	Schacker, Werner	Finding our own language.	IFF Academy Research Journal, 1 http://www.iffresearchjournal.org/schackereng.htm	Research	The Feldenkrais Method is first and foremost an experimental practice guided by certain fundamental assumptions both explicit and implicit. These assumptions have been influenced by a variety of experiences/concepts/theories..... In "The Case of Nora – Body Awareness as Healing Therapy" Moshe Feldenkrais wrote that the working hypothesis for this case study "is somewhere between intuition and future scientific gospel." As yet we are still far from approaching this future science, but the conditions for its emergence have improved. Such science can only be developed through dialogue. I am interested here in the number of possibilities and preconditions for such a dialogue with different sciences and what Feldenkrais teachers and scientists can learn from one another. Our practice is to some extent already interdisciplinary and many-voiced because we are always dealing with living human beings who cannot be fitted into the limitations and fragmentations of separate disciplines. Thus we need many dialog partners. We should not only favour the natural sciences. If we wish to get in a dialogue with others, we have to be able to express what is important to us in our work, what experiences we have and what insights we gain. This requires that we develop and practise using a language of our own. In December 2002 leading scientists and Feldenkrais teachers met in Paris for a dialogue.(1) In an atmosphere that was both pleasantly relaxed and stimulating, a group of Feldenkrais teachers from all over the world listened to lectures with great interest. These four days were a beginning but not as yet a proper dialogue. The lectures and conversations with colleagues prompted me to write down a few thoughts about the relationship between Feldenkrais and science. This is a personal response, founded on my individual and professional background as much as on what I experienced in Paris – and what I felt to be missing there. Others would respond differently; and thus a dialogue might ensue which could take us further. My thoughts are associative and fragmentary rather than systematic. They are intended to encourage discussion rather than trying to prove or justify something.
2004	Joly, Yvan	The experience of being embodied: qualitative research and somatic education a perspective based on the Feldenkrais Method®.	IFF Academy Research Journal, 1, from http://www.iffresearchjournal.org/jolieeng.htm Originally published (1995) in French: Revue de l'Association pour la recherche qualitative, Vol. 12, pp. 87-99.	Research	Somatic Education is the name of a new disciplinary field that focuses on the living body, on the biological basis of consciousness and awareness, and on movement as experienced in space. The Feldenkrais Method and all other methods for somatic education share the need for qualitative research: to formulate their theories and define the scientific basis of their concepts; to measure the effects of their practices; to understand and improve the training process for practitioners and teachers. The paradoxical nature of verbally conducted research dealing with a non-verbal research object such as the body also needs to be clarified. Any researcher concerned with the quality of somatic education must bring to the research process an awareness of her/his own body. This is both a characteristic feature and an undeniable necessity for such research

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2004	Laumer, U., Bauer, M., Fichter, M., & Milz, H.	Therapeutic effects of the Feldenkrais Method (Awareness Through Movement®) in eating disorders.	IFF Academy Feldenkrais Research Journal, 1	Eating Disorders	Based on the movement-pedagogical concept of Feldenkrais and the findings of disturbed body perception by eating disordered patients this research aimed at studying the therapeutical effects of the Feldenkrais Method „Awareness through Movement“ with eating disorder patients. 15 eating disordered patients treated at the Roseneck hospital for behavioural medicine rated – by means of a questionnaire consisting of scales of the Body Cathexis Scale (BCS), the Body Parts Satisfaction Scale (BPSS), the questionnaire for body perception (Fragebogen zum Körpererleben; FKE), the Emotion Inventory (Emotionalitätsinventar; EMI-B), the Anorexia-Nervosa-Inventary for Self-rating (ANIS) and the Eating Disorder Inventory-2 (EDI) – various aspects of their eating disorder before and after participating in a nine hour course of the Feldenkrais Method. The data of these patients were compared to those of the members of a control group, also consisting of 15 eating disordered patients who did not participate in a Feldenkrais course. The participants of the Feldenkrais-course showed increasing contentment with regard to problematic zones of their body and their own health as well as concerning acceptance and familiarity with their own body. Other results were a more spontaneous, open and self-confident behaviour, the decrease of feelings of helplessness and decrease of the wish to return to the security of the early childhood, which indicates the development of felt sense of self, self-confidence and a general process of maturation of the whole personality. The outcome points to the therapeutical effectiveness of the Feldenkrais Method with eating-disorder patients within a multimodal treatment
2004	Kemp, Friedhelm	Walking Upright - On Moshe Feldenkrais, 1969 Let's get things right!	IFF Academy Feldenkrais Research Journal.1. http://www.iffresearchjournal.org/kempereng.htm		
2004	Perron, Wendy	Movement Nature Meant, with Ruthy Alon	March 2004 Feldenkrais in Dance. http://www.moveintobalance.com/InTheNews.php?refspec=feld	Dance	
2004	Burby, Liza.	Mind Your Body.	Dance Magazine, 78(4), 31. April 2004, Feldenkrais in dance. http://www.moveintobalance.com/InTheNews.php?refspec=feld	Dance	
2003	Stephens JL, Cates P, Jentes E, Perich A, Silverstein J, Staab E, duShuttle D, Hatcher C, Shmunes J, Slaninka C	Awareness Through Movement® Improves Quality of Life in People with Multiple Sclerosis	J Neurol Phys Ther. 27(4): 170, 2003.	Neurology	PURPOSE/HYPOTHESIS: To assess quality of life changes associated with a successful balance intervention in a group of people with MS. NUMBER OF SUBJECTS: 12 people with MS mean age 54 yrs, mean Kurtzke EDSS level 4.75 MATERIALS/METHODS: Subjects were randomly assigned to 2 groups: Awareness Through Movement intervention (ATM) and control group (EDU). The ATM group participated in 8 Awareness Through Movement sessions while the EDU group participated in 4 educational sessions over 2 months. Balance and mobility measures were performed before and after the intervention period. These results were published in Neurology Report 2001; 25(2): 39-49. To assess quality of life the MSQLI was administered before and after the intervention. The MSQLI has 10 sub-scales including: Modified Fatigue Impact (MFIS), Pain Effects, Perceived Deficits (PDQ), and Modified Social Support Survey (MSSS).All scales are valid for people with MS with reliability scores ranging from .78 to .97. Data analysis used Kruskal - Walis ANOVA for group comparisons and Spearman rs for correlations. RESULTS: There were 3 significant group differences: 1) increase in pain effects in the ATM group (p< 0.03); 2) decrease in perceived difficulty recalling recent events (PDQ-RM) in the ATM group (p< 0.035); and 3) improvement in perceived availability of others for companionship (MSSS-POS) in the ATM group (p< 0.035). Improvement on the PDQ-RM was highly correlated with decreased Fatigue Impact. Improvement in MSSS-POS was highly correlated with decrease in cognitive fatigue impact and a decrease in total PDQ, retrospective memory and planning and organization subscale scores. CONCLUSIONS: The larger picture that emerges is that an intervention that was successful in improving balance and mobility had other spin-off benefits that were physical, psychological and social improving quality of life. ATM is

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2003	Bracciante LE.	The body in motion: movement education provides new models for wellness.	Body Sense. 2003 Spring; 3(1): 14-6.	Wellness	intended to improve people's awareness and understanding of their bodies and to help individuals create alternative strategies for setting and achieving goals in their life. This spin-off impact may be present in other kinds of interventions but it has not been measured or documented. CLINICAL RELEVANCE: In an environment where patients and payers increasingly demand significant functional outcomes and measurable improvements in quality of life, it is important to document not only the physical outcomes but also the outcomes that reflect quality of life.
2003	Ives JC.	Comments on "the Feldenkrais Method®: a dynamic approach to changing motor behaviour"	Research Quarterly for Exercise & Sport. 74(2):116-23	Dynamic systems theory,	The Feldenkrais Method has recently been discussed to fit within a dynamic systems model of human movement. One basis for this discussion is that small changes in one system--for example, enhanced body awareness --has far reaching implications across the whole of human performance. An alternative view on the Feldenkrais Method is argued here. It is argued that the clinical data do not support the Feldenkrais Method as being an effective way to improve motor performance. Further, it is argued that positive outcomes in pain and other wellness measures following Feldenkrais interventions can be ascribed to self-regulation. As part of this discussion, the role of body awareness, attentional focus, and kinesthesia in motor learning and control are explored
2003	Buchanan, P.A., Ulrich, B.D	Attending to the process of changing behaviour: - a reply to Ives' commentary regarding Feldenkrais. 124-126.	Research Quarterly for Exercise and Sport 74(2), 124-126	Dynamic systems theory,	Letter responding to a commentary on "The Feldenkrais Method: a dynamic approach to changing motor behaviour" by Jeffrey C. Ives.
2003	Emerich KA.	Non-traditional tools helpful in the treatment of certain types of voice disturbances.	Current Opinion in Otolaryngology & Head & Neck Surgery. 11(3):149-53	Voice	Voice therapy has evolved considerably over the past decade. Our field has learned to draw from other disciplines to help facilitate the restoration of vocal function by implementing a more holistic approach and utilizing principles of motor learning to create our therapy programs. Clinicians have learned to recognize that the voice is more than just the larynx. Rather, it is a whole body system, and breakdowns in systems throughout the body can be responsible for vocal disturbances. This review will cover the non-traditional approaches that aid in treating certain voice disorders that often are not discussed in textbooks or classrooms. Facilitating techniques include principles from singing and acting voice production, Feldenkrais, Alexander technique, Qigong, and circumlaryngeal massage.
2003	Netz Y. Lidor R.	Mood alterations in mindful versus aerobic exercise modes.	Journal of Psychology. 137(5):405-19	Psychology - mood	The results of most recent studies have generally indicated an improvement in mood after participation in aerobic exercise. However, only a few researchers have compared mindful modes of exercise with aerobic exercise to examine the effect of 1 single session of exercise on mood. In the present study, the authors assessed state anxiety, depressive mood, and subjective well-being prior to and following 1 class of 1 of 4 exercise modes: yoga, Feldenkrais (Awareness Through Movement®), aerobic dance, and swimming; a computer class served as a control. Participants were 147 female general curriculum and physical education teachers (mean age = 40.15, SD = 0.2) voluntarily enrolled in a 1-year enrichment program at a physical education college. Analyses of variance for repeated measures revealed mood improvement following Feldenkrais, swimming, and yoga but not following aerobic dance and computer lessons. Mindful low-exertion activities as well as aerobic activities enhanced mood in 1 single session of exercise. The authors suggest that more studies assessing the mood-enhancing benefits of mindful activities such as Feldenkrais and yoga are needed.
2003	Niethammer U	Silent dialogue with the body -- the Feldenkrais view of touching [German].	Krankengymnastik: Zeitschrift fur Physiotherapeuten. 2003; 55(12): 2134-6, 2138-40	Touch	Man is a holistic system: thinking, feeling, and acting are interactive elements of life. It follows that when I touch a person, I touch not only his body, but I also move and touch his mind and his soul. Using this as a given, and assuming the human concept of the Feldenkrais method, namely that man is a self-regulating system, with a lifelong capacity to

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2003	Goldman Schuyler, K	Awareness Through Movement® as a catalyst for change.	The Feldenkrais Journal, 15, 39-46.		learn, we describe the essential aspects of touching. What posture should I assume? Where do I begin to make initial contact? What are the elements of having a "silent dialogue"? In concluding, we make clear that this form of touching can only succeed in making the patient feel accepted if extreme care and sensitivity is applied.
2003	Goldman Schuyler, Kathryn.	A Systems Approach to Learning and Change: Cindy's Story.	Somatics 14(3): 14-23, Fall/Winter 2003-2004	Dynamic systems theory,	This is a conversationally written report of the process and impact on Feldenkrais work with a 45-year-old woman with Autism/Cerebral Palsy. It tracks the development of the strategy of the work, the dynamics of the process of change and concludes with some theoretical considerations and practical implications.
2002	Jackel, B.	Aspekte psychomotorischer Arbeit nach Feldenkrais in der Grundschule. (Aspects of psychomotor work in accordance with Feldenkrais in elementary school.) [German].	Praxis der Psychomotorik (Dortmund) 27(3), Aug 2002, 161-166.	Self development, Education	Outlines the basic theories of Moshe Feldenkrais, including the concept of "effortless self-organization" and the concept of movement as a medium for self-development, in so far as it influences the sensory, emotional, social, cognitive and linguistic aspects of the person. Describes the process of becoming conscious of self through movement, the path from harmonious movement to perception and feeling, and the importance of breathing as a support to movement. Outlines the application of two aspects of the Feldenkrais Method, ATM (Awareness Through Movement®) and FI (Functional Integration®). Demonstrates how the Feldenkrais method can be applied in an elementary school setting.
2002	Lowe, Bernd; Breining, Katja; Wilke, Stefanie; Wellmann, Renate; Zipfel, Stephan; Eich, Wolfgang	Quantitative and qualitative effects of Feldenkrais, progressive muscle relaxation, and standard medical treatment in patients after acute myocardial infarction.	Psychotherapy Research. Vol 12(2) Sum 2002, 179-191.	Cardiac rehabilitation	Examined the effectiveness of the Feldenkrais Method of functional integration and of progressive muscle relaxation (PMR) compared with the standard medical treatment during the acute phase after myocardial infarction. Three patient groups (20 in each) received 1 of 3 treatment options: 2 sessions of Feldenkrais therapy, 2 sessions of PMR, or no intervention. Evaluations using quantitative and qualitative methods were performed an average of 3.7 and 7.8 days after Ss' myocardial infarction, respectively. Significant improvements, independent of the intervention, were found over the evaluation period in the Perception of Body Dynamics body image scale and in the Physical Well-Being and Emotional Well-Being quality-of-life scales. A statistically significant, differential effect of any one intervention with respect to the control group did not arise in any of the quantitative questionnaire variables examined. However, subjective improvements of varying description were noted by 17 of 20 patients after the 1st Feldenkrais therapy and by 13 of 20 patients after the 1st PMR treatment. The qualitative patient statements support using the Feldenkrais method or PMR for particular cases in an acute medical setting and continuing treatment during rehabilitation or on an outpatient basis.
2002	O'Connor M. Webb R	Learning to rest when in pain.	European Journal of Palliative Care. 2002 Mar-Apr; 9(2): 68-71.	Pain	Margaret O'Connor and Robert Webb report on the usage of a lesser-known approach -- the Feldenkrais Method -- in teaching people to cope with pain on movement.
2002	Polsgrove, M.J.	Changes in height and postural stability using the Feldenkrais Method.	[Microform Thesis or Dissertation] Microform Publications, University of Oregon Eugene, OR, 2002	Musculoskeletal	18 women (18-45 years) served as subjects for either the experimental group or control group. Individuals participated in a series of exercises designed for either the experimental or control group. The experimental group participated in a series of Feldenkrais Method(TM) exercises, while the control group participated in a series of related stretching exercise. Exposure to each condition took place over a four-week period, meeting two times a week for 35 to 45 minutes, for a total of eight sessions. Values of height and postural stability were gained from the sensor information of designated marker sites. A multiple regression analysis was used to assess the effects of group training, pre- and post-participation. Results from this analysis showed that no significant difference in height and postural stability existed between the Feldenkrais Method(TM) group and the stretching group. These results did, however, reveal superiority in the amplitude during medial-lateral sway in subjects who received Feldenkrais Method(TM) over those who underwent stretching exercises. Additionally, the frequency during medial-lateral sway, and for the interaction values for frequency during medial-lateral and anterior-posterior sway, revealed significant

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2002	Malmgren-Olsson, E.B., & Branholm, I.B	A comparison between three physiotherapy approaches with regard to health-related factors in patients with non-specific musculoskeletal disorders.	Disability & Rehabilitation, 24(6), 308-317.	Musculoskeletal	<p>PURPOSE: The main aim of this study was to compare the effects of Body Awareness Therapy (BAT), the Feldenkrais (FK) method and conventional physiotherapy on changes of health-related quality of life (HRQL), self-efficacy and sense of coherence (SOC) in patients with non-specific musculoskeletal disorders. A second aim was to explore the relationships between SOC, HRQL and self-efficacy and to examine whether SOC could be a predictor of the treatment outcome. METHOD: A total of 78 patients, 64 women and 14 men, were recruited consecutively to the three treatment groups. The instruments used were the Swedish version of SF-36, the 20 items Arthritis Self-efficacy Scale and the 29-item questionnaire by Antonovsky. RESULTS: The results showed that there were significant improvements on all subscales of SF-36 except for one. By using effect-size values it was found that the BAT and FK groups reached larger effect-size than did the conventional therapy group. These two groups also improved in self-efficacy of pain and stayed stable while the third group deteriorated at the one-year follow-up. There were significant correlations between the mental dimensions of SF-36 and SOC indicating that the instruments may measure aspects of the same global construct. CONCLUSIONS: Although few significant differences between the three treatment groups the BAT and FK seemed to improve health-related quality of life and self-efficacy of pain to a somewhat higher degree than the conventional physiotherapy. SOC seemed to be a stable trait measure over time.</p>
2002	Kerr, G.A., Kotynia, F., & Kolt, G.S	Feldenkrais Awareness Through Movement and state anxiety.	Journal of Bodywork and Movement Therapies, 6(2), 102-107.	Psychology - anxiety	<p>The ability of the FELDENKRAIS Method to reduce state anxiety was investigated. Specifically, both a single FELDENKRAIS Awareness Through Movement lesson and a 10-week FELDENKRAIS Awareness Through Movement programme were studied. Participants volunteered to take part in one 1-hour class each week for 10 weeks. Individuals who declined to participate in the 10-week programme were given the opportunity to participate in a single 1-hour lesson during week 5. Participants were divided into two groups: new and returning students, based on previous experience with Awareness Through Movement lessons. Participants were administered the state scale of the State-Trait Anxiety Inventory (Spielberger et al. 1983) prior to the beginning of the first lesson (week 1--T1), immediately before and after the fifth lesson (week 5--T2 and T3), and after the final lesson (week 10--T4). Findings indicated that state anxiety scores decreased significantly over a single lesson (T2 T3) for both new (n=13) and returning (n=42) students. In addition, state anxiety scores were significantly lower after the 10-week programme (T4) when compared with baseline scores (T1) for new (n=3) and returning (n=42) students, with new students experiencing a significantly greater reduction than returning students. These findings can be interpreted as further support for the efficacy of the FELDENKRAIS Method in reducing state anxiety.</p>
2002	Galeota-Wozny, N.	Ouch! Dancers find a path out of pain with the Feldenkrais-Method.	DANCE MAGAZINE, 76 (11), 36-	Dance	
2002	Long, W	Sensing difference: Student and teacher perceptions on the integration of the Feldenkrais Method of Somatic Education and contemporary dance technique.	Unpublished master's thesis, University of Otago, Dunedin, New Zealand. IFF Academy Feldenkrais Research Journal, 2.	Dance	<p><i>A somatic approach to contemporary dance technique advocates individual uniqueness and the distinctive sensory experience of each student as a starting point to improve understanding and self-knowledge of movement. Despite the recent increase of somatic education within dance education and academia, there has been little research investigating somatic education and contemporary dance from the perspective of the student. This thesis presents a phenomenological study examining student perceptions of the Feldenkrais Method ® of somatic education and contemporary dance technique with a group of pre-professional and professional dancers in New Zealand. A socio-constructivist position informs the researcher's teaching process and the interpretation of students' experiences. Students' voices are examined through thematic analysis while the researcher's teaching practice is investigated through teacher research (Cochran-Smith, 1993; Mitchell, 2000; Russel & Bullock, 1999) and reflective practice (Schon, 1983). Students' perceptions of</i></p>

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					<i>experiences over five days of classes are gathered through participant observation, group discussions, journal entries and individual interviews. Results are discussed in relation to socio-constructivist epistemology, students' perceptions of self-authority and sensory awareness in dance. The study has shown that a combination of both teacher and student centred pedagogy was a useful approach for integrating somatic education and contemporary dance technique. The outcomes of this study may contribute to knowledge in a range of areas that include research methodology in dance, research in the Feldenkrais Method ® of somatic education and research in teachers' professional knowledge in dance education.</i>
2002	Fortin, S., Long, W., & Lord, M.	Three voices researching how somatic education informs contemporary dance technique classes.	Research in Dance Education, 3(2), 153-177.	Dance	Examined how the Feldenkrais Method of somatic education informed a series of contemporary technique classes in a professional setting in Montreal, Quebec, Canada. Collaborative research findings highlighted three themes: transfer of learning, movement awareness facilitation, and construction of the dancing bodies. This study works toward a shift in the dance culture that embraces self-awareness in dance practice
2001	Buchanan PA, Ulrich BD	The Feldenkrais Method®: A dynamic approach to changing motor behaviour.	.Res Q Exerc Sport 2001 Dec;72(4):315-23.	Dynamic systems theory,	This tutorial describes the Feldenkrais Method and points to parallels with a dynamic systems theory (DST) approach to motor behaviour. Feldenkrais is an educational system designed to use movement and perception to foster individualized improvement in function. Moshe Feldenkrais, its originator, believed his method enhanced people's ability to discover flexible and adaptable behaviour and that behaviours are self-organized. Similarly, DST explains that a human-environment system is continually adapting to changing conditions and assembling behaviours accordingly. Despite little research, Feldenkrais is being used with people of widely ranging ages and abilities in varied settings. We propose that DST provides an integrated foundation for research on the Feldenkrais Method, suggest research questions, and encourage researchers to test the fundamental tenets of Feldenkrais.
2001	Hannon JC.	The physics of FELDENKRAIS : part 4: axes, levers, struts and strain.	Journal of Bodywork and Movement Therapies. 2001 Apr; 5(2): 132-45.	Mechanics	This instalment, the fourth in a series, presents information useful in harnessing the principles of physics to bodywork and movement therapy. It also provides encouragement towards developing skeletal awareness. This 'felt-sense' may help bind a better resolution of the spatial relationships of the human locomotor frame. In turn, this conception may assist in applying the Principle of Least Effort to good effect. Gravity, an unseen force of constant direction and intensity, may be another ally in our use of the Principle of Least Effort. An abstraction, the centre of gravity, may be useful in refining our sense of self as we orient and move through space. Leverage is the last concept presented; the fulcrum and common forms of leverage in the body are presented along with the idea of axes of rotation and instantaneous axes of rotation.
2001	Hannon JC.	The physics of FELDENKRAIS : part 5: unstable equilibrium and its application to movement therapy.	Journal of Bodywork and Movement Therapies. 2001 Jul; 5(3): 207-21.	Mechanics	This article, fifth in a series, explores the concept of unstable equilibrium as a form of dynamic repose. This presumes that movement best complies with the Principle of Least Effort when the initial posture incorporates maximal potential energy with minimal inertia. Such action, properly controlled, incorporates strength, dexterity and a quickened reaction time. Also introduced is the idea of reversibility; an attribute, described by Feldenkrais, indicating excellence in motor control. Different forms of gait provide a vehicle for discussion. Exercises and a sitting treatment featuring unstable equilibrium are presented.
2001	Lusky BW, Devlin K.	Alternative therapies in the treatment of upper extremity dysfunction.	Orthopaedic Physical Therapy Clinics of North America. 2001 Dec; 10(4): 667-79.		This article describes the use of alternative therapies to treat patients with orthopaedic upper extremity injuries. Numerous alternative therapies might be considered for treatment; this article discusses the approaches most widely used and scientifically documented, including acupuncture, craniosacral therapy, and Feldenkrais, all of which have in common a general philosophy of enhancing the natural healing system to improve function and decrease pain.

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2001	Kendall SA. Ekselius L. Gerdle B. Soren B. Bengtsson A.J	Feldenkrais intervention in Fibromyalgia patients: a pilot study.	J Musculoskeletal Pain. 9(4):25-35, 2001.	Musculoskeletal	Objectives: To evaluate the effect of the Feldenkrais intervention, in fibromyalgia patients. Methods: Twenty fibromyalgia patients started Feldenkrais intervention done as one individual and two group sessions weekly for 15 weeks. Nineteen started a group-based pain education program followed by a pool program. Test and self-report questionnaires were administered at the start, at six month follow up, and at the end of intervention., Results: After the Feldenkrais intervention improvement in balance and trends to better lower extremity muscle function were shown, but the improvements were not maintained., Conclusions: No sustained benefit of the Feldenkrais intervention compared to a pool program was seen. Methodological problems are discussed.
2001	Smith AL. Kolt GS. McConville JC.	The effect of the Feldenkrais method on pain and anxiety in people experiencing chronic low back pain	.New Zealand Journal of Physiotherapy. 2001 Mar; 29(1): 6-14.	Psychology - anxiety, Pain	The aim of this pilot investigation was to evaluate the Feldenkrais Method's effect on pain and state anxiety in people experiencing chronic low back pain. Participants (N = 26) were aged between 25 and 78 years, and were recruited from a community health centre, a rehabilitation hospital, and from the general community. The sample was divided into two groups: Feldenkrais and control. The Feldenkrais group experienced a 30-minute Awareness Through Movement session whilst the control group listened to a narrative of the same duration. Pain was assessed pre and post intervention using the Short-Form McGill Pain Questionnaire. State anxiety was also measured pre and post intervention using the State Scale of the State-Trait Anxiety Inventory. Multivariate Analyses of Variance showed that the Feldenkrais intervention was effective in reducing the affective dimension of pain (p < .05), but not the sensory or evaluative dimensions, nor state anxiety. These findings are discussed in relation to previous research and some of the theoretical concepts assumed to underlie the Feldenkrais Method. The clinical implication of the findings involves the potential for the Feldenkrais Method to complement existing modes of pain management for people experiencing chronic low back problems.
2001	Malmgren-Olsson E. Armelius B. Armelius K	A comparative outcome study of body awareness therapy, Feldenkrais and conventional physiotherapy for patients with non-specific musculoskeletal disorders: changes in psychological symptoms, pain, and self-image.	Physiotherapy Theory and Practice. 2001 Jun; 17(2): 77-95.	Musculoskeletal	Patients with non-specific musculoskeletal disorders are often remitted for physiotherapy treatment in primary care. The rehabilitation effects for this patient group are generally poor and many of the treatment methods used have not been scientifically evaluated. The purpose of this study is to compare treatment effects of Body Awareness Therapy, Feldenkrais, and conventional individual treatment with respect to changes in psychological distress, pain, and self-image in patients with non-specific musculoskeletal disorders. A total of 78 patients, 64 females and 14 males, with non-specific musculoskeletal disorders were recruited consecutively to the different treatment groups in a quasi-experimental design. The patients were measured three times during the study period: before the interventions, after six months, and after one year. The results showed significant positive changes over time in all three treatment groups with regard to reduced psychological distress, pain, and improved negative self-image. There were few significant differences among the groups but effect-size analysis indicated that the group treatments using Body Awareness and Feldenkrais might be more effective than conventional treatment.
2001	Stephens J. DuShuttle D. Hatcher C. Shmunes J. Slaninka C.	Use of awareness through movement improves balance and balance confidence in people with multiple sclerosis: a randomized controlled study.	Neurology Report. 2001 Jun; 25(2): 39-49.	Balance and Mobility, Neurology	This study examined the effectiveness of a structured, group motor learning process, Awareness Through Movement (ATM), on balance, balance confidence, and self-efficacy. Twelve people with multiple sclerosis were randomly assigned to either ATM or control groups. The ATM group participated in 8 classes, 2 to 4 hours each while the control group participated in educational sessions, over 10 weeks. Six outcome measures were used: the Basic Balance Master modified Clinical Test of Sensory Interaction in Balance (mCTSIB) and Limits of Stability tests; the Activities-specific Balance Confidence Scale; prospective falls; Equiscale; and the Multiple Sclerosis Self-Efficacy Scale. The ATM group exhibited significantly improved mCTSIB scores indicating an average center of pressure position closer to theoretical center, had significantly fewer abnormal mCTSIB tests, and demonstrated improved balance confidence compared to controls. There was a trend toward improvement in all other measures in the ATM group compared to controls. These results suggest that this type of motor learning intervention can be effective in improving a

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					variety of physical and psychological parameters related to balance and postural control.
2001	Güner, Perinisa Rahsan	Körperbildveränderungen durch die Feldenkrais-Methode: Möglichkeiten der Operationalisierung. Changes of the body image through Feldenkrais Method: Possibilities and Operationalization.	Unpublished master's thesis, Universität Koblenz-Landau, Abt. Landau, Germany	Body Awareness/ Body Image	
2001	Bober, Jocely Mary	The Feldenkrais Method as a Somatic Approach to Learning in Dance: Case Studies Considered in Relation to Theories of Motor Learning..	Unpublished master's thesis, Laban/City University, London, UK	Dance	
	Romanova, Irene Maya; (1991)	"The effect of Feldenkrais training on perceptuo-motor ability" .	Unpublished Thesis Dissertation M.Sc. University of Wollongong	Musculoskeletal	
2000	Wright, J.	Bodies, meanings and movement : a comparison of the language of a physical education lesson and a Feldenkrais movement class.	Sport, education and society 5(1), Mar 2000, 35-49	Education	In Western societies since (and probably before) Descartes, the human body has been objectified and alienated from the self, something to be subdued, managed and more recently worked upon as symbol of self-value. Sport and exercise are sites where the objectification of the body has been traditionally promoted. In recent times with the scientisation of elite sport and the commodification of bodies in sport, the objectification of the body has taken new forms and achieved greater prominence. Physical education as the school site for bodywork has been implicated in the process of objectification and alienation. The traditional practices of physical education, including choices in teacher language, position bodies as objects, and movement as an instrumental outcome of practice. Not all movement practices, however, subscribe to this approach. This paper will compare the language practices of teachers in a physical education lesson and a Feldenkrais movement class, as these constitute different forms of embodiment, different selves. Its purpose is to provide further resources for critical reflection on the ways in which pedagogical practices position students and contribute to the shaping of particular forms of subjectivity.
2000	Hannon, J.C.	The physics of Feldenkrais. Part 1	Journal of Bodywork and Movement Therapies, 2000, 4(1), 27-30.	Mechanics	
2000	Hannon JC.	The physics of FELDENKRAIS. Part 2: No strain, no gain.	Journal of Bodywork and Movement Therapies. 2000 Apr; 4(2): 114-22.	Mechanics	In the last issue, which was the first of this series, the Principle of Least Effort was introduced. (Use the least effort necessary to achieve the maximum in efficiency). Two sitting self- awareness explorations were presented to help deepen this understanding and to encourage a visceral comprehension of another principle: Control follows awareness. This issue features additional clinical examples and an explanation of several terms of art in bodywork: stress, strain, translation and rotation. These words help to stake out the territory of bodywork. There are only five forms of strain and only two basic movement s in any form of bodywork. We shall see the practical advantages of understanding the concepts these words carry. Clinical results may be enhanced with improved physical safety to both the therapist and client. Secondly, a sure grasp of the technical meanings of these words is essential for delving further into the treatment applications of the Principle of Least Effort.
2000	Hannon JC.	The physics of FELDENKRAIS. Part 3: Stability.	Journal of Bodywork and Movement Therapies. 2000 Oct; 4(4): 261-72.	Mechanics	In the last article in this series, we briefly examined the Principle of Least Effort and the five forms of strain. Strain, you may recall, in physics, describes a change in the volume of a material when a force is applied. Our treatments are a blend of rotation and translation movement s of our hands with a changing mix of strains being applied onto the client's tissues. Harnessing and interweaving the various forms of strain with dexterity may aid us in improving our treatment efficacy. In this tissue, we will consider the importance of anchorage and stability in treatment, We will consider a set of 'House Rules' for improving

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					treatment. In addition, we will explore Bernstein's concept of degrees of freedom.
2000	Dunn PA and Rogers DK.	Feldenkrais Sensory Imagery and Forward Reach.	Perceptual and Motor Skills. 91:755-57, 2000.	Musculoskeletal	To investigate the effect of sensory imagery on subsequent movement, a unilateral Feldenkrais lesson of imaging a soft bristle brush passing over one half of the body and in which no movement occurred, was given to 12 naive subjects. Forward flexion for each side of the body was measured at a sit-and-reach box. For 8 and 10 subjects who reported the perception of a side as being longer and lighter following the sensory imagery, there was also a significant increase in the forward flexion range on that side.
2000	Abenheim L, Rossignol M, Vaalat J et al.	The role of activity in the therapeutic management of back pain: Report of the Paris International Task Force on Back Pain.	Spine. 25(4S Suppl.): 1S-33S, 2000	Musculoskeletal	This is an excellent review article that mentions Feldenkrais Method as one of 20 or so approaches to working with back pain.
2000	Gilman J M, Yaruss JS.	Stuttering and relaxation: applications for somatic education in stuttering treatment.	Fluency Disorders. 25(1): 59-76, 2000.	Voice and Speech	
2000	Kolt GS. McConville JC.	The effects of a FELDENKRAIS Awareness Through Movement program on state anxiety.	Journal of Bodywork and Movement Therapies. 2000 Jul; 4(3): 216-20.	Psychology - Anxiety	The effects of a FELDENKRAIS Awareness Through Movement program and relaxation procedures were assessed on a volunteer sample of 54 undergraduate physiotherapy students over a 2-week period. Participants were randomly allocated into a FELDENKRAIS METHOD group, a relaxation group, or a no-treatment (control) group, and state anxiety was measured using the Composed-Anxious scale of the Profile of Mood States-Bipolar Form (Lorr & McNair 1982) on four occasions: prior to the first intervention, prior to the fourth intervention, on completion of the fourth intervention, and one day after the fourth intervention. Analysis of variance showed that anxiety scores for all groups varied significantly over time and, specifically, that participants reported lower scores at the completion of the fourth intervention. Further, compared to the control group, females in the FELDENKRAIS and relaxation groups reported significantly lower anxiety scores on completion of the fourth session (compared to immediately prior to the fourth session), and this reduction was maintained one day later. These findings can be interpreted as preliminary evidence of the efficacy of the FELDENKRAIS METHOD and relaxation procedures in reducing anxiety.
2000	Stephens J.	Feldenkrais method: background, research, and orthopaedic case studies.	Orthopaedic Physical Therapy Clinics of North America. 2000 Sep; 9(3): 375-94.	Musculoskeletal	Functional Integration® and Awareness Through Movement® are aspects of the Feldenkrais Method that have been used successfully in the rehabilitation of people with orthopaedic problems. These methods include approaches to motor learning that can be used to facilitate change and integration in postural and general musculoskeletal control. This article describes the background and development of the Feldenkrais method, including its philosophic and scientific basis. An outcome survey of the use of the Feldenkrais Method is presented along with four case studies that demonstrate the integration of this method into physical therapy practice. The Feldenkrais method is an excellent approach to use in the rehabilitation of people with orthopaedic physical problems.
2000	Wendell LL.	Some effects of the Feldenkrais Method on Parkinson's symptoms and function.	Unpublished case study by LL Wendell client and Marilyn Johnson, Feldenkrais Practitioner. June 2000.	Neurology	This is a brief, interesting, single case study documenting observations on changes in function before and after a year of Feldenkrais lessons.
2000	Wildman F, Stephens J, Aum L. In Novey DW (ed).	Clinicians Complete Reference to Complementary and Alternative Medicine.	Mosby Publishers, St. Louis, MO. pp.393-406, 2000.	Research Theory and Reviews	This is a good summary article about the method with a review of research literature through 1998
2000	Ives, J.C., & Sosnoff, J.	Beyond the mind-body exercise hype.	The Physician and Sportsmedicine, 2000, 28, 3.	Research Theory and Reviews	Mind-body exercise methods are spreading rapidly throughout the health, fitness, and rehabilitation fields. Many of the claimed benefits for these activities are not supported by clinical evidence, and, as alternative therapies, they carry legal and professional ramifications. Understanding the nature of mind-body exercise and knowing the scientific evidence behind claims for its benefits can help clinicians make appropriate

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2000	Ohry, A., & Tsafirir, J.	David Ben-Gurion, Moshe Feldenkrais and Raymond Arthur Dart.	ISRAEL MEDICAL ASSOCIATION JOURNAL, 2000, 2(1), 66-67.	Pain	recommendations to patients. For example, yoga and tai chi can reduce stress, decrease hypertension, and exert cardiorespiratory benefits, and tai chi can improve balance in seniors. However, there is not enough evidence to support replacing conventional medical treatments with somatic methods. Author Keywords: low back pain; posture; Feldenkrais Method; Raymond Dart; David Ben-Gurion; history
2000	Buchanan, P.A., & Vardaxis, V.G.	Effects of Feldenkrais Awareness Through Movement on balance during standing.	Journal of Athletic Training, 2000, 35, S-81.	Balance	
2000	Shusterman, Richard	Performing live: aesthetic alternatives for the ends of art.	Ithaka: Cornell University Press.	Performance	A philosophical study that includes a chapter comparing the methodologies and background principles of the Feldenkrais Method with Alexander Technique and Bioenergetics, and that also includes chapters on the soma-media relationship and on non-discursive understanding in terms of the concept of somaesthetics.
2000	Schell, Klaus	Psychologische Aspekte der Feldenkrais Methode. Analyse von Wirkfaktoren und Auswirkungen auf das Selbstkonzept. (Psychological Aspects of the Feldenkrais Method. Analysis of Factors of Effects and Consequences for the Concept of Self).	Unpublished master's thesis, Carl-von-Ossietzky Universität Oldenburg, Germany.	Psychology - concept of self	
2000	Wong, Lester	Phenomenology, philosophy, and the Feldenkrais Method: Moving towards understanding the meaning of movement.	Unpublished master's thesis, Auckland University, Department of Health Science, New Zealand.	Philosophy	
2000	Diegelmann, Bernd	Therapeutische Effekte der Feldenkrais-Methode im Rahmen einer stationären verhaltenstherapeutischen Rehabilitationsbehandlung. (Therapeutic effects of the Feldenkrais Method in the context of behaviour therapeutical rehabilitation treatment).	Unpublished master's thesis, Universität Koblenz-Landau, Abteilung Landau, Germany.		
2000	Wendhut, Marcus	Zur Inanspruchnahme der Feldenkrais-Methode in der stationären Rehabilitation. (The Feldenkrais Method in stationary rehabilitation).	Unpublished master's thesis, Universität Koblenz-Landau, Abtlg. Landau, Germany		
2000	Wright, Jan	Bodies, Meanings, and Movement	Sport, Education and Society, Vol. 5 No. 1, 2000, Univ. of Wollongong, Australia	Philosophy	
1999	Lundblad I. Elert J. Gerdle B.	Randomized controlled trial of physiotherapy and Feldenkrais interventions in female workers with neck-shoulder complaints.	Journal of Occupational Rehabilitation. 1999 Sep; 9(3): 179-94.	Musculoskeletal	The present study aimed to investigate whether physiotherapy or Feldenkrais interventions resulted in a reduction of complaints from the neck and shoulders (prevalence, pain intensity, sick leave, and disability in leisure and work roles) in 97 female industrial workers (not on long-term sick leave). Range of motion of neck and shoulders, VO2, endurance score (i.e., summation of pain intensity ratings during a static shoulder flexion), cortical control according to the Feldenkrais methodology, and physiological capacity according to a dynamic endurance test of the shoulder flexors with simultaneous surface EMG were also recorded. The workers were randomized to: (1) physiotherapy group (PT-group; treatment according to the ergonomic program of the PTs of the occupational health care service), (2) Feldenkrais group (F-group; education according to the Feldenkrais methodology), or (3) control group (C-group; no intervention). Pre- and post-tests were made at one-year intervals. The two interventions lasted 16 weeks during paid working time. The F-group showed significant decreases in complaints from neck and shoulders and in disability during

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1999	Bearman D, Shafarman S	Feldenkrais Method in the Treatment of Chronic Pain: A Study of Efficacy and Cost Effectiveness.	Am. J. Pain Management. 9 (1): 22-27, 1999.	Pain	leisure time. The two other groups showed no change (PT-group) or worsening of complaints (C-group). The present study showed significant positive changes in complaints after the Feldenkrais intervention but not after the physiotherapy intervention. Possible mechanisms behind the effects in the F-group are discussed.
1999	Johnson SK, Frederick J, Kaufman M, Mountjoy B	A controlled investigation of bodywork in multiple sclerosis.	The Journal of Alternative and Complementary Medicine 5(3): 237-43, 1999.		A preliminary study was undertaken to determine both the efficacy and cost effectiveness of the Feldenkrais Method for treatment of Medicaid recipients with chronic pain at the Santa Barbara Regional Health Authority (SBRHA). SBRHA staff wished to offer treatment for chronic pain patients beyond what is provided for in the Medicaid scope of benefits. Conventional intensive chronic pain treatment programs costs range from \$7,000 to \$30,000 and are not covered by regular Medicaid benefits. Patients with chronic headaches and/or musculoskeletal problems were enrolled in the study. Seven patients began the program; all completed it. Patient satisfaction, function, and perception of pain were evaluated by using the National Pain Data Bank (NPDB) protocol of the American Academy of Pain Management. Participants reported more mobility and decreased perception of pain, both immediately after the program and in a one-year follow-up questionnaire. Results compared quite favourable with NPDB comparison groups. Cost effectiveness calculations were based on Medicaid costs for one-year periods pre- and post-intervention. Patient costs dropped from an average of \$141 per month to \$82 per month. This represents a 40% savings
1999	Hall, SE, Criddle A, Ring A, Bladen C, Tapper J, Yin R, Cosgrove A, Hu Yu-Li	Study of the effects of various forms of exercise on balance in older women.	Unpublished Manuscript Healthway Starter Grant, File #7672, Dept of Rehabilitation, Sir Charles Gardner Hospital, Nedlands, Western Australia, 1999.	Balance	Results show lower perceived stress after Feldenkrais sessions compared to a sham intervention control group.
1999	Hopper C, Kolt GS, McConville JC	The effects of Feldenkrais Awareness Through Movement on hamstring length, flexibility and perceived exertion.	J Bodywork Movement Therapies 3(4): 238-247, 1999.	Musculoskeletal	Randomised controlled trial that shows improvements in balance and function from Tai Chi and Feldenkrais compared to a control group.
1999	Ginsburg C. J	Body-Image, Movement and Consciousness: Examples from a Somatic Practice in the Feldenkrais Method.	Consciousness Studies. 6(2-3): 79-91, 1999.	Philosophy	Although the Feldenkrais Method is rapidly gaining popularity among health professionals, only a small body of empirical research has documented its efficacy. The aim of the current study was to investigate the effects of the Feldenkrais Method on flexibility, perceived exertion and hamstring length. In Study 1, 79 healthy participants undertook measurements of flexibility (sit and reach test), perceived exertion (Borg's Rating of Perceived Exertion 6-20) and hamstring length (active knee extension test) prior to being randomly allocated into a Feldenkrais or control group. The same measurements were taken after the group intervention (a Feldenkrais Awareness Through Movement lesson, or control procedure). Although the Feldenkrais participants improved significantly more in sit and reach measurements than their control counterparts, no differences between the groups were found for measures of perceived exertion or hamstring length. In Study 2, a sub sample of 39 participants took part in a further three intervention sessions with the three measures being taken again prior to and after the fourth (final) intervention. No group differences were found for any of the outcome indicators across time. These findings are discussed in terms of implications for further research and health care practice.

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Year	Authors	Title	Publication	Topic	Abstract / Summary
1999	Seegert EM. Shapiro R	Effects of alternative exercise on posture.	Clinical Kinesiology: Journal of the American Kinesiotherapy Association. 1999 Summer; 53(2): 41-7.	Posture	This investigation examined the effects of neuromuscular re-education exercises on the standing posture of 25 colleague students. The Portland State University Posture Analysis Form (PSU PAF), a force platform, and a tape measure were used to measure postural alignment, postural sway, and height before and after treatment sessions. Subjects completed a subjective questionnaire. Controls rested in supine posture during the treatment session, while the exercise group performed selected Feldenkrais and psychophysical re-education exercises. Dependent t-tests were used to determine differences between the pre tests and post tests. Both groups showed decreases in all sway variables, for both eyes open (EO) and eyes closed (EC) conditions, improved alignment of body parts, and increased height. Only the exercise groups showed statistically significant sways. Only exercise group subjects reported feeling more efficient after the treatment session. Both groups reported increased tightness and discomfort of various body parts after treatment. The data suggest that the supine positioning is responsible for some changes. The postural sway results and the rate of height increase suggest that the exercises may also have independent effects.
1999	Stephens J. Call S. Evans K. Glass M. Gould C. Lowe J.	Responses to ten Feldenkrais awareness through movement lessons by four women with multiple sclerosis: improved quality of life.	Physical Therapy Case Reports. 1999 Mar; 2(2): 58-69.	Neurology, Quality of Life	Four women with multiple sclerosis who were ambulatory and worked full-time participated in 10 Awareness Through Movement classes over 10 weeks. Assessment before and after the series of classes included the Incapacity Status and the Environmental Status Scales of the Minimal Record of Disability, the Fatigue Severity Scale, and the Index of Well-Being. Before each class and at the final data collection, each person was asked several questions about her medical and functional status. Analyses of walking and supine-to-stand were done using the PEAK Motus video motion analysis system. A follow-up interview was done with two women one year after the classes ended. Three of the four participants experienced an increase in symptoms at some time during the 10 weeks; nonetheless, all made improvements. Outcomes show that two broad areas of improvement were ease and steadiness of daily movement s, and sense of well-being. These Outcomes suggest that Awareness Through Movement is beneficial for some people with multiple sclerosis, although in different ways for each person.
1999	Shelhav-Silberbush, Chava	Bewegung und Lernen. Die Feldenkrais Methode als ein Lernmodell. (Movement and learning: The Feldenkrais Method as a learning model).	Dortmund: Verlag Modernes Lernen.	Education	
1999	Inglis, A.	Cause and effect (The Feldenkrais Method, injured musicians learn movement awareness).	STRAD, 110 (1308), 350-	Musicians	
1999	Elgelid, H.S.	Feldenkrais and body image.	Unpublished master's thesis, University of Central Arkansas, Conway, AK, USA. The Feldenkrais Journal 9: 32-45. http://www.iffresearchjournal.org	Body Awareness / Body Image	This study compared four subjects' body image scores, as measured by a semantic differentiation scale, before and after a series of Awareness Through Movement lessons. Four subjects were chosen to participate in this study based on their initial score on a semantic differentiation scale. The four subjects met with the researcher twice a week for 45 minutes each time to receive either tutoring or Awareness Through Movement lessons. Subject one received Awareness Through Movement lessons during the whole six weeks session. Subject two received Awareness Through Movement lessons for the first three weeks and one-on-one tutoring during the last three weeks. Subject three received one-on-one tutoring the first three weeks and Awareness Through Movement lessons during the last three weeks. Subject four received one-on-one tutoring during the whole six weeks session. The subjects completed a semantic differentiation scale before the study began, after three weeks, and at the end of the study. The results indicated that a person who received Awareness Through Movement lessons scored higher on a semantic differentiation scale designed to measure body image, than a person who received one-on-one tutoring. The results also indicated that although the score on the semantic differentiation scale decreased slightly three weeks after the person stopped the Awareness Through Movement lessons, the score did not revert back to the initial level. This study suggests improvements

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Year	Authors	Title	Publication	Topic	Abstract / Summary
1997	Phipps A, Lopez R, Powell R (advisor), Lundy-Ekman L (advisor), Maebori D (CFP).	A Functional Outcome Study on the Use of Movement Re-Education in Chronic Pain Management.	Master's Thesis at Pacific University, School of Pain Physical Therapy, Forest Grove, Oregon, May 1997		
1997	Gilman, Marina.	Reduction of Tension in Stuttering through Somatic Re-Education.	Master's thesis at Northwestern University, Department of Communication Sciences and Disorders, Evanston, IL. 1997	Voice and Speech	This paper reviews the history of relaxation techniques in stuttering therapy and proposes a means for viewing relaxation not as a passive process (eg a feeling of calmness), but rather as an active, dynamic process involving coordinated movement of the entire Neuro musculoskeletal system. This balance is central to the theories of somatic education, such as those developed by Alexander, Rolf, and Feldenkrais. Accordingly, this paper argues that the use of somatic education in stuttering treatment may promote the perception of relaxation and facilitate the habituation of new behaviour patterns, thereby leading to improved generalization of relaxation outside the treatment setting.
1997	Pendergast C, Roller BA, Weiskittel RS and Stephens J.	Awareness through Movement as a Strategy for Improving Coordination and Economy of Movement in Older Adults.	Masters' Thesis at Widener University, Institute for Physical Therapy Education, May 1997	Musculoskeletal	
1997	Laumer U, Bauer M, Fichter M, Milz H	Effects of Feldenkrais Method Awareness Through Movement in Patients with Eating Disorders.	Therapeutic Psychother Psychosom Med Psychol 47(5): 170-180, 1997	Eating Disorders	English abstract only (Published in German) Based on the movement-pedagogical concept of Feldenkrais and the findings-of disturbed body perception by eating disordered patients this research aimed at studying the therapeutical effects of the Feldenkrais Method "Awareness through Movement" with eating disorder patients, 15 eating disordered patients treated at the Roseneck hospital for behavioural medicine rated-by means of a questionnaire consisting of scales of the Body Cathexis Scale (BCS), the Body Parts Satisfaction Scale (BPSS), the questionnaire for body perception (Fragebogen zum Korpererleben; FKE), the Emotion inventory (Emotionalitatsinventar; EMI-B), the Anorexia-Nervosa-Inventory for Selfrating (ANIS) and the Eating Disorder Inventory-2 (EDI)-various aspects of their eating disorder before and after participating in a nine hour course of the Feldenkrais Method. The data of these patients were compared to those of the members of a control group, also consisting of 15 eating disordered patients who did not participate in a Feldenkrais course. The participants of the Feldenkrais-course showed increasing contentment with regard to problematic zones of their body and their own health as well as concerning acceptance and familiarity with their own body. Other results were a more spontaneous, open and self-confident behaviour, the decrease of feelings of helplessness and decrease of the wish to return to the security of the early childhood, which indicates the development of felt sense of self, self-confidence and a general process of maturation of the whole personality. The outcome points to the therapeutical effectiveness of the Feldenkrais Method with eating-disorder patients within a multimodal treatment program.
1997	Lyttle TSK.	The Feldenkrais Method®: application, practice and principles.	J Bodywork Movement Ther. 1(5):262-9, 1997	Theory	
1997	Hermens, K	Die Feldenkrais-Methode, Untersuchungen zu ihrer Bedeutung für Bildung und Erziehung. (The Feldenkrais Method. An examination of its importance in education).	Unpublished master's thesis, Institut für Pädagogik, Ludwig-Maximilians-Universität, München, Germany.	Education	
1997	Krafft, T	Die Feldenkrais Methode Funktionale Integration innerhalb pädagogischer Beziehungen zu Menschen mit schwersten Behinderungen. (The Feldenkrais Method - Functional Integration and its pedagogic importance in the work with severely	Unpublished honor's thesis, Heilpädagogische Fakultät, Universität Köln, Germany	Neurology	

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Year	Authors	Title	Publication	Topic	Abstract / Summary
		disabled people)..			
1997	Sorg, Cornelia	Was hat Feldenkrais mit sozialer Arbeit zu tun? Bewußtheit durch Bewegung als Präventions- und Hilfsmöglichkeit im Rahmen Sozialer Arbeit unter dem Erklärungsansatz des Life Models. What has Feldenkrais to do with social work? Awareness through movement as prevention and rehabilitation strategy within the context of social work. An interpretation through the Life Model concept.	Unpublished master's thesis, Katholische Stiftungsfachhochschule München, München, Germany.	Social Work	
1996	Klinkenberg, Norbert	Die Feldenkrais-Methode als Modell einer kognitiv-behavioralen Körpertherapie. (The Feldenkrais Method as a model of cognitive-behavioral body therapy).	Verhaltenstherapie und psychosoziale Praxis, 28 (2), 191-202	Psychology	
1996	Haas, J.D	The relationship of somatic awareness to creative process: An experimental phenomenological study.	Unpublished doctoral dissertation. Dissertation Abstracts International, 1996: 57-07A:2937.	Creativity	These included (among others) conscious breathing, walking meditations, Authentic Movement, Body-Mind Centering, Feldenkrais Awareness through Movement, yoga related to chakras, and theatre improvisational games. Concurrently, the course encouraged participants to become consciously aware of their creative processes. The researcher utilized data from pre and post questionnaires, written responses regarding exercises, essays regarding creativity, autobiographical essays, and exit interviews. Data were presented via individual profiles of the participants, mostly in their own words, structured around these questions: (1) How do students understand their own creative process? (2) How do they experience creative blocks? (3) What were the effects of this course? (4) What connection, if any, do participants perceive between body awareness and creativity? and (5) Does being a member of a group that comes together to focus on somatics and creativity affect one's creative life? The researcher found participants shared many common themes concerning their experiences of (a) creativity, (b) somatics, and (c) the relationship of somatics to creative process. Themes of self-knowledge, movement from inside to outside, power, energy, receptivity, heightened states of awareness, and change were the most prevalent, dynamic ways in which participants experienced the three categories to be related. The researcher concluded that somatic awareness seemed to be a means of enhancing and fostering creativity for the participants of this study, and that courses which value creativity and kinaesthetic "ways of knowing" would be valuable in general college curricula as well as in arts curricula. The purpose of this study was twofold: (1) to investigate how, if at all, participants, in a specially designed course, experience and understand the relationship between somatic awareness and their creative processes, and (2) to ascertain the value and effectiveness of this course, which emphasizes creative and somatic awareness processes and seeks to provide an atmosphere conducive to enhancing and fostering creativity. The researcher/teacher designed and implemented, at a university, a semester-long course and research project, in which seven women participated. The women, ages 20-51, were encouraged to do a daily practice of exercises designed to increase conscious awareness of sensations in their bodies. http://scholarworks.umass.edu/dissertations/AAI9638966/
1995	Dennenberg N and Reeves GD.	Changes in health locus of control and activities of daily living in a Physical Therapy Clinic using the Feldenkrais Method® of sensory motor education.	Master's thesis for Program in Physical Therapy, Oakland University, Rochester, Michigan. 1995.	Quality of Life	Notes several changes in Health locus of control in the Feldenkrais group. No control group.

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Year	Authors	Title	Publication	Topic	Abstract / Summary
1995	Ideberg G and Werner M.	Gait Assessment by Three Dimensional Motion Analysis in Subjects with Chronic Low Back Pain Treated According to Feldenkrais Principles. An exploratory study.	Unpublished Manuscript, Lund University, Department of Physical Therapy, Lund, Sweden, 1995	Balance and Mobility, Pain	
1995	Ernst, K.	Der Einsatz der Feldenkrais Methode Bewußtheit durch Bewegung zur Vermeidung körperlicher Schmerzen bei Bildschirmarbeit. Application of the Feldenkrais Method in order to avoid pain in screen work.	Unpublished master's thesis, Universität Eichstätt, Philosophisch-Pädagogische Fakultät, Lehrstuhl für Psychologie, Eichstätt, Germany	Pain	
1995	Ross, D.L.	Feldenkrais: A comparison of theories of learning and motor control.	Unpublished master's thesis, Samuel Merritt College, Oakland, CA/USA.	Theory	
1995	Joly, Yvan	The experience of being embodied - qualitative research and somatic education: a perspective based on the Feldenkrais Method." La recherche et la pratique du corps vecu un point de vue par la Methode Feldenkrais® d'éducation somatique.	Revue de l'Association pour la recherche qualitative, 12, 87-99. Republished: Joly, Y. (2004). IFF Academy Feldenkrais Research Journal, 1.	Body Awareness / Body Image	
1995	Sieben, I.	The nature of human movement + The new standard work for Feldenkrais Method by Ruthy Alon.	BALLETT INTERNATIONAL, 7, 54-55.	Dance	
1995	yes, K.	The effects of a Feldenkrais Awareness Through Movement program and relaxation training on cognitive mood states.	Unpublished honor's thesis, La Trobe University, Melbourne, Australia	Psychology - mood	
1995	dman, F.	Using available energy. Movement for the elderly.	Advanced Physical Therapists, 6(9), 7-20	Older Adults	
1995	Goldfarb, L.	Understanding Standing.	PhD Thesis Kinesiology department. Urbana, University of Illinois. Dissertation in Kinesiology,(1994)	Balance and Mobility	
1994	Chinn J, Trujillo D, Kegerreis S, Worrell T	Effect of a Feldenkrais Intervention on Symptomatic Subjects Performing a Functional Reach.	Isokinetics and Exercise Science. 1994, 4(4): 131-136.	Balance and Mobility	
1994	Deig, Denise.	Self Image in Relationship to Feldenkrais Awareness Through Movement Classes.	Independent Study Project. University of Indianapolis, Krannert Graduate School of Physical Therapy, Indianapolis, Indiana. 1994.	Body Awareness /Self Image	Demonstrates changes in self image assessed by clay images, after Awareness through Movement training Qualitative
1994	Ofir, R.D.	A heuristic investigation of the process of motor learning using the Feldenkrais method in physical rehabilitation of two young women with traumatic brain injury.	Unpublished doctoral dissertation, Union Institute, NY.	Neurology	Documents improvements Feldenkrais Intervention. Videotape supports text.
1994	Shusterman, Richard	Die Sorge um den Körper in der heutigen Kultur. In: Kuhlmann, The concern about the physical body in today's culture.	Andreas (Hg.): Philosophische Ansichten der Kultur der Moderne, p. 241-277. Fischer: Frankfurt. Germany. Philosophical views of the culture of modern times.	Body Awareness / Body Image	Philosophical views of the culture of modern times.
1994	Hoffmann, S.	Die Feldenkrais Methode im Blockfötenunterricht.	Unpublished research study, Conservatorium Maastricht, Netherlands		

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Year	Authors	Title	Publication	Topic	Abstract / Summary
1994	Lamontanaro, C.	Flexible minds: The Feldenkrais Method offers new ways of thinking about movement and limitation.	PT: Magazine of Physical Therapy, July 3, 4-6, 22.		
1994	Reynolds, J.P.	Profiles in alternatives. Not a hamster on a wheel: The Feldenkrais Method.	Magazine of Physical Therapy, 2(9), 58-59.		
1993	Czetczok, H.-E.	Die Feldenkrais-Methode.	In M. Bühring & F.H. Kernper (Hrsg.), Naturheilverfahren und unkonventionelle medizinische Richtungen. Grundlagen / Methoden/Nachweissituation. Berlin-Heidelberg-New York: Springer.		
1993	Narula, Meena.	MS, Effect of the Six Week Awareness Through Movement Lessons (The Feldenkrais Method) on Selected Functional Movement Parameters in Individuals with Rheumatoid Arthritis	Master's Thesis.Oakland University, Rochester, MI. 1993.	Musculoskeletal	Pilot study using a single subject case study design
1993	Steisel, Stephan G.	The Clients Experience of the Psychological Elements in Functional Integration.	Massachusetts School of Professional Psychology. University Microfilms, Ann Arbor, MI 1993 .	Psychology	Qualitative
1993	Bober J.	Perceived influences of Feldenkrais somatic practices on motor learning and control, and creativity in dance.	Unpublished Dissertation, Laban/City University, London, UK.	Dance	
1993	Sturm, Ramona	Sensibilisierung des Bewusstseins für psychophysische Prozesse bezogen auf das Violinspiel. (Sensibilizing consciousness for psycho-physical processes in reference to playing the violin).	Diplomarbeit, Studiengang Musikpädagogik, Hochschule	Musicians	
1993	Batson, G.	The role of somatic education in dance medicine and rehabilitation.	North Carolina Medical Journal, 54,74-78.	Dance	
1993	McCrea, B.	The Feldenkrais Method.	Physiotherapy Sport, 18(3), 18.	Musculoskeletal	
1993	Laumer, U.	Wirkungen der Feldenkrais-Methode "Bewußtheit durch Bewegung" bei eßgestörten Patienten im Rahmen einer stationären Therapie. (Effects of the Feldenkrais-Method -Awareness through movement on patients with eating disorders within the context of stationary therapy).	Diplomarbeit, Universität Regensburg, Regensburg, Germany. http://www.iffresearchjournal.org/laumergerm.htm	Eating Disorders	
1992	Jackson-Wyatt O, Gula D, Kireta A, Steeves M.	Effects of Feldenkrais Practitioner Training Program on Motor Ability: a video-analysis.	Physical Therapy 72: (suppl.) S86, 1992.	Motor Performance	
1992	Narula M, Jackson O, Kulig K.	The Effects of Six Week Feldenkrais Method on Selected Functional Parameters in a Subject with Rheumatoid Arthritis.	Physical Therapy 72: (suppl.) S86,1992	Musculoskeletal	
1992	De Rosa, C., Porterfield J.	A Physical Therapy Model for the Treatment of Low Back Pain.	Physical Therapy. 72(4): 261- 272, 1992	Pain, Musculoskeletal	Mentions Feldenkrais Method as treatment option.

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Year	Authors	Title	Publication	Topic	Abstract / Summary
1992	Panarello-Black D.	PT's Own Back Pain Leads Her to Start Feldenkrais Training.	PT Bulletin. April 8, 1992, pp 9	Pain	
1992	Ruth S, Kegerreis S.	Facilitating Cervical Flexion Using a Feldenkrais Method: Awareness Through Movement.	J Sports Phys Ther.16(1): 25-29, 1992	Motor Performance	
1992	Eikmeier, C.	Application of the Feldenkrais Method in teaching the cello. Anwendung der Feldenkrais Methode im Cellounterricht.	Unpublished master's thesis, Universität Hannover, Germany.	Musicians	
1992	Schindler, I.	Individuation und beweglicher Organismus. Fallstudie zur Integration der Feldenkrais-Methode in das Konzept einer therapeutischen Lebensgemeinschaft.(Individuation and flexible organism. Case study on integrating the Feldenkrais Method in the concept of a therapeutical community).	Unpublished master's thesis, Diplomarbeit Sozialpädagogik, Berufsakademie - staatlichen Studienakademie Villingen-Schwenningen, Germany.	Philosophy	
1992	Lake, Bernard	Photoanalysis of standing posture in controls and low back pain: Effects of kinesthetic processing (Feldenkrais Method).	In M. Woollocott & F. Horak (Eds.), Posture and Gait: Control Mechanisms VII. (pp. 400-403). University of Oregon Press.	Balance and Mobility, Pain	
1992	Winslow, Liz	Making Moving Effortless: The Feldenkrais Method®	Dance Teacher Now, May/June 1991	Dance	
1991	Jackson, O.	The Feldenkrais Method®: A personalized learning model. Contemporary Management of Motor Control Problems.	Proceedings of the II Step Conference (ed. Marilyn Lister- APTA), Foundation for Physical Therapy, p131-135. 1991.	Motor Performance	
1991	Brown, E and Kegerris S.	Electromyographic Activity of Trunk Musculature During a Feldenkrais Awareness through Movement Lesson.	Isokinetics and Exercise Science. 1(4): 216-221, 1991	Motor Performance	
1991	Tayss, S. T.	The current status of the Feldenkrais method in physical therapy.	Unpublished master's thesis, Touro College. New York		
1990	Goldfarb, Lawrence Wm	Articulating Changes: Preliminary Notes to a Theory for Feldenkrais.	Feldenkrais Resources, Berkeley, CA. 1990.	Feldenkrais Method - theory	Excellent basic explanation of how Feldenkrais Methods (ATM and Functional Integration) may work.
1990	Ophir, Yael	Die Sprache der Bewegung. Erfahrungen mit der Gruppentherapie autistischer Kinder. Language of movement. Group experiences with autistic children.	Beschäftigungstherapie und Rehabilitation, 29 (5), 340-343.	Education	
1990	Batson, G.	Dancing fully, safely, and expressively – the role of the body therapies in dance training.	Journal of Physical Education, Recreation and Dance, 61(9), 28-31	Dance	
1990	Wildman, F	Learning: The missing link in physical therapy. A radical view of the Feldenkrais Method.	New Zealand Journal of Physiotherapy, 18(2), 6-7	Education and Learning	
1990	Wildman, F	The Feldenkrais Method: Clinical applications.	The New Zealand Journal of Physiotherapy, 18(2), 9-10		

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Year	Authors	Title	Publication	Topic	Abstract / Summary
1990	Doman, P.	Useful adjunct for therapists?	Sport Health 8(3),	Musculoskeletal	
1989	Shenkman M, Butler R.	A Model for Multisystem Evaluation, Interpretation, and Treatment of Individuals with Neurologic Dysfunction.	Physical Therapy. 69(7) 538-547, 1989	Neurology	Mentions Feldenkrais Method as a good treatment option
1989	Shenkman M, Donovan J, Tsubota J, Kluss M, Stebbins P, Butler	Management of Individuals with Parkinson's Disease: Rationale and Case Studies. R	Physical Therapy 69: 944-955, 1989	Neurology	Mentions Feldenkrais Method as treatment option
1989	Henze, Martin	Bewußtheit durch Bewegung - eine Auseinandersetzung mit Moshe Feldenkrais. (Awareness through movement - a discussion of Moshé Feldenkrais).	Unpublished honor's thesis, Gesamthochschule Kassel, Kassel, Germany.		
1989	Saraswati, S.	Investigation of human postural muscles and respiratory movements.	M.Sc, University of New South Wales, AUS	Motor Performance	
1989	Nelson, S.H.	Playing with the entire self - the Feldenkrais Method and musicians.	Seminars in Neurology, 9 (2), 97-104.	Musicians	
1989	Hayashi, E.K.	The effects of Feldenkrais awareness through movement techniques on vertical jumping in normal subjects.	Unpublished master's thesis, University of Indianapolis, Indianapolis, IN/USA.	Motor Performance	
1988	Haller, Jeffrey Scott.	Sensorimotor Education and Transpersonal Psychology: Applications of the Feldenkrais Method, Aikido, and Neurolinguistic programming with the St.Joseph's University Basketball Team.	PhD. Inst. of Transpersonal Psychology, Menlo Park, CA, Published doctoral dissertation	Psychology, Sports, Motor Performance	
1988	Shelhav-Silberbush, Chava	The Feldenkrais Method for Children with Cerebral Palsy.	MS Thesis. Boston University School of Education	Cerebral palsy	
1988	Newton, P.	Psychophysiological considerations in presenting the Feldenkrais Method: A teaching model presenting psychophysiological techniques and theory to the general public.	Unpublished master's thesis, Antioch University, Seattle, WA/USA	Education	
1988	Sale, J.C.L.	The acute effects of Feldenkrais awareness through movement exercises on the awareness of gross spinal flexion.	Unpublished master's thesis, University of Indianapolis, Indianapolis, IN/USA	Motor Performance	
1987	Czetczok, H.-E.	Bewegungserziehung mit der Feldenkrais Methode. Historische Aspekte/Theorie und Praxis - mit einer experimentellen Untersuchung zum Einfluß dieser Methode auf die kinästhetische Diskriminationsleistung im Funktionsbereich Schultergürtel-Arme. (Movement Education through the Feldenkrais Method. Historical Aspects/Theory and Practise. Research on the influence of that method on the kinaesthetic discrimination capacity with	Unpublished master's thesis, Fakultät für Psychologie und Sportwissenschaft -Abteilung Psychologie- Universität Bielefeld, Germany	Motor Performance	

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Year	Authors	Title	Publication	Topic	Abstract / Summary
		in the shoulder/arm area).			
1987	Schneider, Claudia	Körperbild und Selbstkonzept. Eine vergleichende Untersuchung an Bodybuilding und der Moshé Feldenkrais-Methode Bewußtheit durch Bewegung. (Body image and self concept. A comparative study of bodybuilding and the FM/ATM).	Unpublished doctoral dissertation, Grund- und Integralwissenschaftliche Fakultät, Universität Wien, Austria	Body Awareness / Self Image	
1987	Lake, Bernard	The role of dynamic and kinaesthetic fitness programs in the over 60's.	Proceedings of the 22nd Annual Conference of Motor the Australian Association for Gerontology, pp 50-54, Australia	Performance	
1986	Ginsburg C.	The Shake-a-Leg Body Awareness Training Program: Dealing with Spinal Injury and Recovery in a New Setting.	Somatics. Spring/Summer, 1986 pp31-42.	Neurology	
1986	Marcus, J.	An exploration: some women's use of the Feldenkrais method on their journeys of change.	Unpublished master's thesis. Antioch University, Seattle, WA/US	Psychology	
1985	Hutchinson, Marcia G.	Transforming Body Image. Learning to Love the Body You Have.	The Crossing Press. Freedom CA 95019, 1985	Body Awareness / Self Image	Developed from doctoral dissertation: "The effect of a treatment based on the use of guided visuo-kinesthetic imagery on the alteration of negative body cathexis in women". Boston University, 1981.
1985	Lake, Bernard	Acute back pain-treatment by application of Feldenkrais principles.	Australian Family Physician, 14(11), 1175-1178	Musculoskeletal	
1985	Wilczek, Ruth	Bewußtheit durch Bewegung - die Feldenkrais-Methode aus sportpädagogischer Sicht. (Awareness through movement - the Feldenkrais Method in the light of sport pedagogy).	Unpublished honor's thesis, Technische Universität München, Germany	Musculoskeletal	
1984	Strauch, R	Training the whole person.	Training and Development Journal 38(11), 82-86.	Body Awareness / Self Image	Advocates a holistic approach to employee training programs that makes the object of attention the complete activity rather than an isolated piece. The core assumption underlying this approach is that competent performance requires the involvement of the whole person in the whole task. Conventional instruction teaches pieces of a task but may fail to integrate those pieces into an overall pattern. With the holistic approach the student works with patterns of activity that take him/her closer to the activity being trained. Applications of this approach to the training of operators, salesmen, and technicians are considered, and a revolutionary system of psychophysical education developed by M. Feldenkrais (1972, 1982) is described that posits that all human actions involve the entire brain-body system and depend on an internal mental model of self-image. Poor performance results from an incomplete or incorrect self-image. Holistic methods of training encourage greater attention to the process of performing an activity than to the end goal. Paradoxically, as the process is performed more efficiently the goal is achieved more easily-even as it receives less conscious attention.
1982	Frydman, M. & Frydman, P.	Répercussions psychologiques et physiologiques d'un entraînement a la prise du conscience du corps.	Revue de psychologie appliqué, 32, 89-93.	Body Awareness / Self Image	This study shows that a group of students that underwent daily Feldenkrais lessons was more successful in learning a foreign language than a control group without ATM lessons. During a period of research that was carried out from 1976 to 1979, the authors tested the effects of body-awareness training on perception, memory and skin temperature. In all cases, the experimental groups proved significantly superior to the control groups. Data

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Year	Authors	Title	Publication	Topic	Abstract / Summary
1981	Bach-y-Rita, E.	New pathways in the recovery from brain injury (Part 1).	Somatics, 3(2), 26-34.	Neurology	collected show that the Feldenkrais techniques bring about psychological and physiological changes and probably promote the exploitation of the individual's potential.
1981	Bach-y-Rita, E.	New pathways in the recovery from brain injury (Part 2).	Somatics, 3(3), 38-46.	Neurology	
1981	Hutchinson, M. G.	The effect of a treatment based on the use of guided visuo-kinesthetic imagery on the alteration of negative body cathexis in women.	Unpublished doctoral dissertation, Boston University, Boston, MA/USA.	Body Awareness / Self Image	
1977	Feldenkrais, M	Awareness through Movement exercises			
1977	Ginsburg, C.	Is There A Science Of The Feldenkrais (Magic) Method?	(San Francisco 1977)	Research	
1977	Gutman G, Herbert C, Brown S.	Feldenkrais vs Conventional Exercise for the Elderly.	J Gerontology 32(5): 562-572, 1977	Balance	